

Maintaining Dental Health

Daily Oral Hygiene Practices

- Brushing techniques
 - Brush teeth twice a day for at least two minutes.
 - Use fluoride toothpaste and a soft-bristled toothbrush.
- Flossing habits
 - Floss daily to remove plaque and food particles between teeth.
 - Use proper flossing technique to avoid injuring gums.

Healthy Dietary Habits

- Limit sugary and acidic foods
 - Reduce consumption of sugary snacks and beverages.
 - Rinse mouth with water after consuming acidic or sugary foods.
- Eat tooth-friendly foods
 - Include fruits, vegetables, dairy products, and lean proteins in diet.
 - Avoid excessive consumption of staining foods like coffee and tea.

Regular Dental Check-ups and Cleanings

- Schedule biannual dental visits
 - Visit the dentist every six months for check-ups and cleanings.
 - Address any dental concerns promptly to prevent complications.
- Professional cleanings
 - Professional cleanings remove plaque and tartar buildup.
 - Dentists can detect early signs of dental issues during exams.

Oral Health Products and Tools

- Choosing the right toothbrush
 - Select a toothbrush with soft bristles and an appropriate size.
 - Consider electric toothbrushes for improved cleaning.
- Mouthwash and fluoride treatments
 - Use fluoride mouthwash to strengthen teeth and prevent decay.
 - Dentist-prescribed fluoride treatments for added protection.

Preventive Dental Care for Children

- Early dental visits
 - Schedule a child's first dental appointment by age one or when teeth appear.
 - Establish good oral hygiene habits from an early age.
- Sealants and fluoride treatments
 - Apply dental sealants to protect children's molars from decay.
 - Fluoride treatments help strengthen developing teeth.

Dental Emergency Preparedness

- Knowing when to seek immediate care
 - Recognize signs of dental emergencies like severe tooth pain, abscesses, or injuries.
 - Have contact information for emergency dental services available.
- First aid for dental emergencies
 - Rinse mouth with warm water for toothaches.
 - Store knocked-out teeth in milk and seek immediate dental care.