

Taking care of your teeth



1. You need to limit the number of times you eat starches (foods like crackers and potato chips) and sugars in each day and take proper care of the teeth.
2. You have to brush your teeth with flouride toothpaste at least twice a day, usually after eating breakfast and before going to bed.
3. Replace your toothbrush once the bristles get shaggy.
4. You should never share your toothbrush.
5. You should brush every surface of the teeth and finally your tongue. Do not forget your back teeth.
6. Floss your teeth every day.
7. Take care of both baby teeth and permanent teeth because the baby teeth save a place for the permanent teeth, and the permanent teeth have to last a whole life time.
8. Visit the dentist regularly.

Have a bright and healthy smile!

