



DentalBlueSM

Tips for Improving Your Oral Health



1

LIFESTYLE TIPS

- Avoid tobacco. Tobacco users are seven times more likely to develop gum disease.
- Limit sugar and starches.
- Choose foods high in fiber like fruits and vegetables.
- Avoid sipping juices and sodas throughout the day. Drink water to help wash away the acids created by sugar.

2

VISIT YOUR DENTIST FOR REGULAR CHECKUPS


- See your dentist every six months.
- Let the dentist know about your medical conditions.
- Tell your dentist if your gums bleed or if you notice any changes in your mouth such as white or red patches.

3

TIPS FOR BRUSHING

- Brush your teeth with a fluoride toothpaste twice a day for at least one minute each time.
- Hold the brush at a 45-degree angle to your teeth.
- Move the brush back and forth in short strokes over two to three teeth at a time.
- Be gentle! Plaque comes off with light pressure. Scrubbing too hard may hurt your teeth and gums.
- Brush the insides, outsides and tops (chewing surfaces) of your teeth.
- Don't forget to brush behind your front teeth.
- Brush your tongue – it helps prevent bad breath.



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5

TIPS FOR FLOSSING

- Floss at least once each day.
- Use approximately 18 inches of floss.
- Gently work the floss around each tooth and slide it between the tooth and the gum.
- Don't forget the back of your last tooth.

6

CALL YOUR DENTIST IF YOU HAVE THE FOLLOWING SYMPTOMS

- Sores, bleeding, redness or swelling in your mouth and gums.
- Pain when chewing or bad odors or taste.
- Holes or dark spots in your teeth or loose teeth.
- Tooth pain when you eat something cold, hot or sweet.



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For TDD/TTY help call 1-800-848-0299.

Spanish: Para obtener asistencia en Español, llame al 1-800-565-9140

Tagalog: Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-565-9140

Chinese: 如果需要中文的帮助, 请拨打这个号码 1-800-565-9140

Navajo: Dinekehgo shika at'ohwol ninisingo, kwijigo holne' 1-800-565-9140

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