

Tips to Healthier Dental Visits

Exercising basic preventive care at home, such as effective brushing and flossing, are good steps toward maintaining your dental health between office visits



- Replace your toothbrush approximately every 2 - 3 months or as soon as the bristles are worn or bent. A worn toothbrush won't do a good job of cleaning your teeth. You should also replace your toothbrush after every illness such as a cold or flu.
- Dentists recommend brushing for 60 seconds or longer. When activated, GUM® Crayola™ Timer Light Toothbrush flashes for 1 minute intervals, so your kids will learn to brush longer.
- Brush your teeth at least twice a day and ideally after every meal, using a toothpaste containing fluoride.
- After cleaning all surfaces of your teeth, don't forget to brush your tongue, which helps remove bacteria from your mouth.
- Clean between teeth. GUM® Crayola™ flossers are great for kids
- Eat a balanced diet and limit between-meal snacks.
- Visit your dentist twice a year for professional cleanings and oral exams.



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