



FYI Teeth

Here are some dental care tips, from the Mayo Clinic in Minnesota!

- Brush your teeth at least twice a day, and preferably after every meal.
- Toothbrushes with hard bristles can damage your gums, so use one with soft bristles. Don't brush too hard, either—you can damage your gums that way.
- Make sure you brush properly. Use short back-and-forth motions, and make sure to clean the inside surfaces of your teeth, and the chewing surfaces, too.
- Every time you brush, do so for two minutes.
- Brush your tongue and the roof of your mouth; it's a good way to get rid of bacteria.
- Replace your toothbrush at least every three or four months.
- Make sure to floss every day. But be careful and gentle with it—you can really cut your gums up if you floss too hard.
- Use an inter-dental cleaner, like a pick or a stick you can use to clean between your teeth.
- A mouth rinse can help reduce plaque buildup between your teeth.
- Visit your dentist every six months for a cleaning and checkup.

