

What's good for your mouth is good for your health!



5 WAYS TO SPRING CLEAN FOR OPTIMAL ORAL HEALTH

- Limit foods and drinks containing sugar
- Eat a well-balanced diet, including snacking on cheese, nuts, fruits and veggies
- Use an ultra-soft bristle toothbrush and fluoride toothpaste; and replace your toothbrush every three months
- Floss everyday
- Avoid smoking, vaping, cannabis or chewing tobacco