

Did you know that brushing your teeth properly takes at least two minutes?

Follow these four easy steps to help you remember how to practice good oral hygiene for your mouth, teeth and gums.



1

Brush at least twice a day for at least two minutes, in the morning and before bedtime. Don't forget to gently clean your tongue and gums!

2

Floss every day – usually at bedtime.

3

If you limit the number of times you eat snacks throughout the day, you can protect your teeth from cavities and periodontal disease.

4

Visit your dentist every six months for healthy preventative care practices.