

# 10 Tips for a Healthy Smile



## Proper Brushing

One of the easiest steps to do to help your teeth keep clean. When brushing your teeth, position the bristles at an angle of 45 degrees near the gum line.



## Flossing!

We know, it's a chore and a lot of times forgetful after brushing if rushing out the door or heading to bed.



## Avoid Tobacco

This will be a big favor to your teeth. One, it will save you from oral cancer and periodontal complications.



## Limit Sodas, Coffee and Alcohol

Although these beverages contain a high level of phosphorous, which is a necessary mineral for a healthy mouth, too much phosphorous can deplete the body's level of calcium.



## Consume Calcium and other Vitamins that are good for the body

You need plenty of calcium for your teeth. It is essential for the teeth as well as your bones.



## Visit Your Dentist

You should visit your dentist at least twice a year to have a full hygiene treatment performed.



## Use Mouthwash along side brushing and flossing

Mouthwash is not particularly necessary and not all mouthwashes are useful.



## Having a toothache or noticing other dental symptoms

If you are having tooth and jaw pain make an appointment as soon as possible.



## Look at the Big Picture

Everyone understands that you should take care of your teeth to avoid toothaches, maintain your looks and keep dental bills at bay.



## Clean your tongue

Clean the surface of your tongue daily.



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