



PREVENTIVE CARE TIPS FOR THE *Summer*



Out with the old!

Replace your toothbrush every 3 months. The better the bristles, the better its ability to reach small crevices to ensure a deep clean.



Snack attack!

Fruits and veggies like apples and carrots act as natural toothbrushes, scrubbing off build-up and stimulating saliva to wash away what's left.



Say cheese!

Dairy products such as milk, yogurt and cheese are low in sugar and rich in calcium and phosphorous, which strengthen and protect enamel.



Bubble Yum!

Chewing gum that contains xylitol for 20 minutes following meals can help prevent tooth decay and improve your overall oral health.



Ice, ice baby!

Don't risk breaking a tooth or damaging enamel by chewing on ice.



Crackle, PoP, FizZzz!

Avoid sodas and other sugary drinks as they are full of sugar and can eat away at your teeth and cause dry mouth.



Sip, sip Hurray!

Consuming dark beverages such as tea or coffee can quickly stain teeth. Reduce contact and use a straw.



H₂O-My!

Rinse with water after every meal or snack to help wash away plaque-causing bacteria.



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