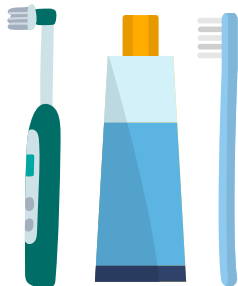


Toothbrush & Toothpaste

- Brush twice daily
- For a minimum of 2 minutes
- Using a pea-sized amount of toothpaste
- Use a soft manual toothbrush or an electric toothbrush
- Angle the bristles toward the gumline
- Replace your manual toothbrush or electric toothbrush head 3-4 times per year



Floss

- Floss once daily
- Preferably before bedtime
- Wrap the floss around each tooth in a C-shape and gently hug each tooth to remove plaque and debris
- Repeat for all teeth
- Including behind the last molars



Hydrate & Diet

- Drink plenty of water to help wash away food and decrease dry mouth
- Eat a well-balanced diet that keeps sugary foods and drinks to a minimum
- Avoid heavy use of alcohol and tobacco in all forms, including smokeless vaping products



Dental Home

- Visit your dental office at least 2 times per year
- Part of a routine dental visit is an oral cancer screening
- Regular visits promote good oral health
- Dental check-ups can ensure early detection of cavities and gum disease



DENTAL FAST FACTS

- The second most common disease among adults is cavities-which are preventable
- Flossing 1 time per day can increase your life expectancy by 6 years
- Brushing alone only removes between 28-53% of plaque and food
- It takes 30 minutes after drinking soda for the acid in it to start breaking down enamel
- 164 million hours of work lost each year by adults to dental emergencies
- Enamel is the hardest part of the entire body
- 47% of adults aged 30 years and older have some form of gum disease
- Mouths produce enough saliva in a lifetime to fill 2 swimming pools
- Takes 43 muscles to frown and 17 muscles to smile
- Early detection of oral cancer significantly impacts treatment outcomes and survival rates



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