



Dental hygiene

Taking care of your teeth and gums helps your teeth last a lifetime.

Brush and floss your teeth twice a day. Get a dental exam once or twice a year. If you have not seen a dentist in over a year, schedule a dental exam today.



Dental problems affect more than your teeth and gums. Gum (periodontal) disease and other mouth infections may increase the risk for pneumonia, heart disease, and diabetes.

Let your dentist know if you have tooth pain, red or swollen gums, bad breath that doesn't go away or any other dental problem.

Change toothbrushes at least every 3 to 4 months; sooner if the bristles are frayed.

Rinse your toothbrush after each use to remove debris and leftover toothpaste. Store toothbrushes upright in a holder far enough apart that bristles don't touch.

Find out more from the American Dental Association at ada.org.