Tips for a healthy smile!

Oral health is important to overall health.
Here are some tips for a healthy smile.

Don't rush your brush

BRUSH twice daily





especially before bedtime

Rinse your mouth

with water after eating/drinking; and wait 30 minutes to brush your teeth

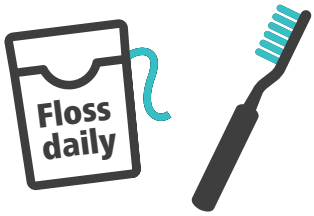
BRUSH gently



Use a fluoridated toothpaste

Children under three years of age or who cannot spit should use non-fluoridated toothpaste or plain water unless advised otherwise by their oral health professional

Tips for flossing:



Floss **before** brushing

Tips to help lower acidity in your mouth:

Use a straw

if consuming drinks high in sugar, like juices, sodas and sports drinks to minimize exposure of teeth to sugar

Chew sugar-free GUM



after all meals and snacks to remove food debris and reduce acid

Oral health is linked to overall health

Visit an oral health care professional regularly

All babies should visit a dentist or dental hygienist by one year of age



Can't afford dental care?

You may be eligible for **free** dental coverage through the **Healthy Smiles Ontario** dental program if you are 17 years of age or under.

Eat a healthy diet, limiting sugary and sticky foods



Visit **york.ca/dental** or call **1-877-464-9675 x 74388** to learn more about York Region Public Health Dental Program services.

26-PH2-114

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