

# Preventive Dental Care Routine

This playbook outlines the steps to maintain proper oral hygiene and prevent oral diseases through regular at-home care and dental checkups.

## Step 1: **Morning Routine**

Begin your day by brushing your teeth with fluoride toothpaste for at least two minutes. Use a soft-bristled toothbrush and ensure you cover all tooth surfaces, followed by flossing between your teeth to remove plaque and food particles.

## Step 2: **Healthy Diet**

Maintain a diet low in sugar and acidic foods to help prevent tooth decay and enamel erosion. Focus on consuming a balanced diet rich in vitamins and minerals to support oral health.

## Step 3: **Midday Care**

After meals, especially if containing sugars or acids, rinse your mouth with water or chew sugar-free gum to stimulate saliva and neutralize plaque acids.

## Step 4: **Evening Routine**

End your day by repeating the morning oral care routine: brush your teeth thoroughly, floss between your teeth, and consider using fluoride mouthwash to further reduce plaque and bacteria.

## Step 5: **Dental Appointments**

Schedule regular dental checkups and cleanings, typically every six months, to allow early detection and treatment of oral health issues. Contact your dentist anytime if you experience pain, discomfort, or any other dental concerns.

## **General Notes**

### **Toothbrush Replacement**

Replace your toothbrush or toothbrush head every three to four months or sooner if bristles are frayed, to ensure effectiveness.

### **Hydration**

Stay well-hydrated to promote saliva production, which naturally cleanses the mouth and helps to control bacteria.