

Feel Better, Smile More: Tips for a Healthier Mouth



1. Create a routine to brush twice a day and floss once a day!

- Set a daily calendar reminder to brush and floss, and pair it with brushing and flossing with something you enjoy, like your favorite music or podcast.



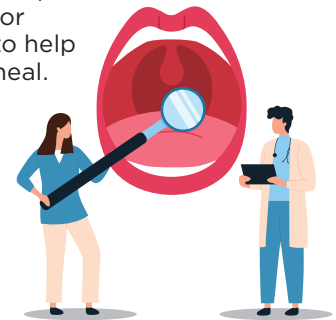
2. For when you really don't have the motivation, grab items that make cleaning your teeth easier.

- Disposable mini travel toothbrushes and tooth wipes can help when you don't feel up to regular brushing and flossing.



3. If you have mouth sores that don't heal in one to two weeks, talk to your dentist.

- They may be able to give you prescription medications or mouthwash to help your mouth heal.



4. Sometimes depression and related medications can make your mouth dry.

- Here are some things that can help:
 - Drinking water
 - Chewing sugar-free gum
 - Using lip balm with lanolin in it.
 - Avoiding tobacco, caffeine, and alcohol.

