

12 BEST ORAL HYGIENE ROUTINE FOR HEALTHY TEETH



1 **Brush Twice a Day:** Brush with a soft-bristled and fluoride toothpaste for 2 mins.

2 **Floss Daily:** Use dental floss to reach between teeth.

3 **Mouthwash:** Use alcohol-free mouthwash for 30 seconds.

4 **Clean Your Tongue:** Use tongue scraper or toothbrush.

5 **Limit Sugary Foods:** Reduce sugary and acidic snacks.

6 **Avoid Tobacco:** Quit smoking and tobacco products.

7 **Stay Hydrated:** Drink water throughout the day.

8 **Fluoride Rinse:** Rinse with fluoride mouthwash.

9 **Replace Toothbrush:** Change every 3-4 months.

10 **Dental Check-ups:** Visit the dentist every six months.

11 **Use Mouthguard:** Protect teeth during physical activities.

12 **Healthy Lifestyle:** Balanced diet, stress management, and good oral habits are essential.