



# 101 Oral Health Tips

## Dentist Recommended

*“It takes 21 days to develop a habit but 90 days to establish a lifestyle. Therefore, oral health improvements begin with intentional practices that translate into lifestyle changes.”*

1. **Brush twice daily:** Brush your teeth for at least two minutes in the morning and before bed with fluoride toothpaste.
2. **Use proper brushing technique:** Hold your toothbrush at a 45-degree angle and brush in small, circular motions.
3. **Floss daily:** Floss between your teeth to remove plaque and food particles.
4. **Use a fluoride mouthwash:** Rinse with an alcohol-free, fluoride mouthwash after brushing and flossing.
5. **Clean your tongue:** Use a tongue scraper or brush to remove bacteria from the surface of your tongue.
6. **Replace your toothbrush:** Change your toothbrush every three months or when bristles become frayed.
7. **Visit your dentist regularly:** Schedule dental check-ups and cleanings at least twice a year.
8. **Consider dental sealants:** Ask your dentist about dental sealants to protect your teeth from cavities.
9. **Limit sugary foods and drinks:** Reduce your sugar intake, which can lead to tooth decay.
10. **Drink water after meals:** Rinse your mouth to remove food particles and neutralize acids.
11. **Chew sugar-free gum:** Chewing gum increases saliva production, which helps neutralize acids and wash away food particles.
12. **Avoid tobacco products:** Tobacco use increases the risk of gum disease and oral cancer.
13. **Limit alcohol consumption:** Excessive alcohol consumption can damage your oral health.
14. **Use a straw for sugary or acidic drinks:** This helps minimize contact between the liquid and your teeth.
15. **Eat a balanced diet:** Consume various nutrient-rich foods to support overall oral health.
16. **Include calcium-rich foods:** Dairy products, leafy greens, and fortified foods support strong teeth.
17. **Get enough vitamin D:** Vitamin D is essential for calcium absorption and overall oral health.
18. **Take vitamin C:** Vitamin C promotes healthy gums and faster healing of oral tissues.
19. **Practice good sleep hygiene:** Aim for seven to nine hours of quality sleep each night.
20. **Manage stress:** High-stress levels can negatively impact your oral health.
21. **Maintain a healthy weight:** Obesity can increase the risk of gum disease.
22. **Brush after meals:** If possible, brush your teeth after meals to remove food particles and plaque.
23. **Use interdental brushes:** These brushes can help clean between teeth and around dental work.
24. **Try an electric toothbrush:** Electric toothbrushes may provide a more thorough cleaning.
25. **Use a water flosser:** This device can help remove plaque and debris in hard-to-reach areas.
26. **Wear a mouthguard:** Protect your teeth during sports or activities that may cause injury.
27. **Avoid grinding or clenching your teeth:** Practice relaxation techniques or ask your dentist about a night guard.
28. **Don't use your teeth as tools:** Avoid using your teeth to open packages or crack nuts.
29. **Regularly clean oral appliances:** Keep dentures, retainers, and mouthguards clean to prevent bacterial growth.
30. **Get regular oral cancer screenings:** Early detection increases treatment success rates.
31. **Treat dry mouth:** Ask your dentist about treatments and products to address dry mouth symptoms.

32. **Manage diabetes:** Control your blood sugar levels to reduce the risk of oral health issues.
33. **Avoid piercings in the mouth:** Oral piercings can cause infections and damage teeth.
34. **Address bad breath:** Talk to your dentist about strategies to combat chronic bad breath.
35. **Consider orthodontic treatment:** Straight teeth are easier to clean and maintain.
36. **Treat gum disease early:** Seek treatment as soon as you notice symptoms of gum disease.
37. **Limit acidic foods:** Acidic foods can weaken tooth enamel, making it more susceptible to decay.
38. **Don't brush too hard:** Use a gentle circular motion and light stroke.
39. **Choose a soft-bristled toothbrush:** Soft bristles are less likely to damage your teeth and gums.
40. **Rinse with water after consuming acidic foods:** Rinsing can help neutralize acids and prevent enamel erosion.
41. **Practice proper oral hygiene during pregnancy:** Hormonal changes can increase the risk of gum disease, so maintaining good oral care is crucial.
42. **Maintain a regular dental care routine for children:** Start early to establish good oral health habits for your child.
43. **Encourage children to drink tap water:** Fluoridated tap water can help protect their teeth from decay.
44. **Limit fruit juice and soda consumption:** These drinks can be high in sugar and acids that can damage teeth.
45. **Encourage healthy snacking:** Offer children whole fruits, vegetables, and low-sugar, low-acid snacks.
46. **Teach proper flossing technique:** Help your child learn how to floss correctly to prevent gum disease.
47. **Monitor fluoride intake:** Ensure your child receives the appropriate amount of fluoride for their age.
48. **Be a role model for good oral health:** Demonstrate proper oral hygiene habits to your children.
49. **Address dental anxiety:** If you or your child has dental anxiety, discuss it with your dentist to find ways to make appointments more comfortable.
50. **Seek professional advice for specific concerns:** If you have unique oral health issues or questions, consult your dentist for tailored recommendations.
51. **Opt for toothpaste with the ADA Seal of Acceptance:** This ensures the toothpaste meets safety and efficacy standards.
52. **Use a therapeutic mouthwash:** Antimicrobial mouthwashes can help reduce bacteria and gum inflammation.
53. **Focus on whole grains:** Whole grains can provide essential nutrients for maintaining healthy teeth and gums.
54. **Schedule dental cleanings more frequently if needed:** Consider more frequent cleanings if you're prone to gum disease or build-up.
55. **Choose an appropriate toothbrush size:** Select a toothbrush with a head size that comfortably fits your mouth.
56. **Use sensitivity toothpaste for sensitive teeth:** If you have sensitive teeth, consider using a desensitizing toothpaste.

57. **Attend regular periodontal maintenance visits:** If you have a history of gum disease, follow your dentist's recommendations for ongoing care.
58. **Practice good oral hygiene during orthodontic treatment:** Braces can make cleaning more challenging, so be diligent in maintaining your oral care routine.
59. **Consider dental implants for missing teeth:** Dental implants can help prevent bone loss and improve oral function.
60. **Use disclosing tablets or solutions:** These products can help you identify plaque build-up, making removing it easier.
61. **Establish a consistent oral care routine:** Stick to a set routine to make it easier to maintain good oral habits.
62. **Use over-the-counter pain relievers for toothaches:** Consult your dentist and use appropriate pain relief measures while awaiting treatment.
63. **Get a custom-fit mouthguard:** If you grind your teeth or participate in sports, consider investing in a custom mouthguard for better protection.
64. **Keep a dental emergency kit:** Include essentials like gauze, dental wax, and temporary filling material for emergencies.
65. **Opt for xylitol-containing products:** Xylitol is a sugar substitute that can help reduce cavity-causing bacteria.
66. **Manage allergies and sinus issues:** Chronic sinus problems can contribute to oral health issues like bad breath and tooth pain.
67. **Limit snacking between meals:** Frequent snacking can increase your teeth's exposure to acids and sugars.
68. **Stay well-hydrated:** Adequate hydration helps maintain saliva production and improves oral health.
69. **Clean your toothbrush:** Rinse it thoroughly after use and store it upright to air dry.
70. **Avoid sharing toothbrushes:** Sharing toothbrushes can transfer bacteria and increase the risk of oral infections.
71. **Choose the right floss for you:** Experiment with different floss types to find the one that works best for your teeth.
72. **Use a toothbrush sanitizer:** Toothbrush sanitizers can help reduce bacteria on your toothbrush.
73. **Schedule regular oral hygiene check-ins:** Monitor your progress and discuss any concerns with your dentist.
74. **Opt for sugar-free cough drops:** Sugar-free alternatives can help protect your teeth from decay.
75. **Take care of your overall health:** Good general health supports a healthy mouth, so prioritize exercise, nutrition, and self-care.
76. **Avoid mouth breathing:** Breathing through your mouth can contribute to dry mouth and other oral health issues.
77. **Practice oil pulling:** Some people find oil pulling with coconut oil beneficial for oral health, but consult your dentist first.
78. **Consider using a probiotic:** Oral probiotics may help maintain a healthy balance of bacteria in the mouth.
79. **Limit exposure to teeth-staining substances:** Reduce consumption of coffee, tea, wine, and tobacco to minimize tooth staining.

80. **Schedule professional teeth whitening:** Consult your dentist about safe and effective whitening options if you desire whiter teeth.
81. **Opt for low-abrasion toothpaste:** Abrasive toothpaste can contribute to enamel wear and tooth sensitivity.
82. **Manage GERD and acid reflux:** Properly managing these conditions can reduce the risk of acid damage to your teeth.
83. **Address tooth crowding:** Crowded teeth can be harder to clean and may increase the risk of decay and gum disease.
84. **Get regular dental X-rays:** X-rays help your dentist detect issues that may not be visible during a routine check-up.
85. **Treat bruxism:** If you grind your teeth, seek treatment to prevent long-term damage.
86. **Keep track of your oral health:** Monitor changes in your mouth and discuss any concerns with your dentist.
87. **Avoid chewing ice:** Chewing ice can cause tooth fractures or enamel damage.
88. **Protect your teeth from injury:** Wear a mouthguard during sports and avoid using your teeth as tools.
89. **Discuss medications with your dentist:** Some medications can affect your oral health, so keep your dentist informed.
90. **Be mindful of oral piercings:** Oral piercings can cause damage to teeth, gums, and oral tissues.
91. **Use a toothpaste with natural ingredients:** Some people prefer toothpaste made with natural ingredients to minimize exposure to chemicals.
92. **Opt for dental products free of SLS:** Sodium lauryl sulfate (SLS) can cause irritation for some people, so consider SLS-free options.
93. **Prioritize dental care during illness:** Maintain your oral hygiene routine even when you're sick to minimize bacteria build-up.
94. **Rinse with a saline solution:** Rinsing with a warm saltwater solution can help soothe irritated gums.
95. **Keep your dental appointments:** Regular dental visits are crucial for maintaining good oral health.
96. **Opt for a toothbrush with a built-in timer:** A toothbrush with a timer can help ensure you brush for the recommended two minutes.
97. **Encourage children to brush with a fun toothbrush:** A colorful or character-themed toothbrush can make brushing more enjoyable for kids.
98. **Stay informed about oral health:** Keep up-to-date on the latest dental research and recommendations.
99. **Teach children the importance of oral health:** Educate kids on why maintaining a healthy mouth is essential.
100. **Encourage open communication with your dentist:** Discuss any concerns or questions you have to ensure the best possible care for your oral health.
101. **Try dental apps or tools for motivation:** Dental care apps can help you track your oral hygiene routine and stay motivated to maintain good habits.