

Tips for Healthy Teeth

It is easy to keep your teeth clean. Follow these simple tips to have a great smile and healthy teeth.



Brush your teeth

- Brush your teeth at least two times a day: after breakfast and before bedtime. Another good time to brush is after eating snacks.
- Use a soft-bristled toothbrush and fluoride toothpaste. Brush the top and side surfaces of your teeth. Make sure to also brush at the gum line to get rid of all the plaque.
- Get a new toothbrush every three months. Get a new one sooner if the bristles lose their shape. A child's toothbrush can wear out sooner and needs to be replaced more often. An old toothbrush will not clean your teeth right.



Floss

- Floss at least once a day to help remove plaque from between teeth and the gum line.
- Slide the floss up and down the sides of the tooth and under the gum line. Use a clean section of floss for each tooth.



See your dentist

- See your dentist at least twice a year to get your teeth checked and cleaned.
- Go to your dentist right away if you have any pain or notice a bad flavor in your mouth when you are not eating food.

(continued)



Healthy lifestyle

- Cut down on food and drinks that are high in acid such as sodas. High acid can erode the outer surface (the enamel) of your teeth.
- Do not smoke. It stains your teeth, causes bad breath and increases your risk of getting tooth disease and oral cancer.



For more information

Call the Health Education
Information Line at
800-804-6074 (TTY: 711),
Monday – Friday 9 am – 5 pm.

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.

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