

How to Maintain Oral Health

It is possible to keep your teeth for a lifetime. Here are some ways adults can maintain a healthy mouth and strong teeth.



Drink water with fluoride in it and brush teeth with fluoride toothpaste



Brush teeth thoroughly and floss to remove plaque



Do not use tobacco products. Take steps to quit smoking



Limit the amount of alcohol you drink



If you chew gum, chew sugarless gum



If you are taking a medication that causes dry mouth, ask for a different one. If switching medications is not an option, drink plenty of water

Source: www.CDC.gov

Visit the dentist regularly. This is important even if you have dentures



If you have diabetes, work to control it. This helps decrease the risk for other complications like gum disease



If you experience sudden changes in taste or smell, visit your primary care provider (PCP) or dentist



If you are a caregiver, help older individuals brush and floss their teeth if they are not able to perform these activities on their own

