

**Maintain Your Stunning Smile**  
with great daily oral hygiene care



# Tips for Daily Adult Oral Care



by **Montgomery  
Dental Care**

**Book an appointment at  
651-738-1880**

Dr. Montgomery is a Fellow Dentist with the American Academy of Cosmetic Dentistry. He has been voted top dentist more than any other dentist in the Minneapolis/ St. Paul area. Here are his tips on how adults can maintain good oral health by establishing a daily oral maintenance plan.

## ● **Tips for Creating the Best Tooth and Gum Care Routine**

### 1. Establish a top-notch tooth-brushing routine

Brushing your teeth is the single most important task you can establish to maintain excellent oral health. If you follow proper tooth brushing techniques, you can keep food debris and acidic plaque from causing issues with your teeth.

### 2. Floss your Teeth as Diligently as you Brush

Brushing and flossing are both important for dental health. Some say that if you have to choose one, flossing is more important if done correctly. Flossing aims to remove plaque between teeth, which consists of active colonies of destructive bacteria. Ideally, floss at least once a day.

### 3. Evaluate the Best Toothpaste to Use

Which toothpaste you use can make a difference. However, what matters most is simply sticking to a daily cleaning schedule. Not all products are the same regarding the toothbrush or toothpaste you choose.

### 4. Use a Good Mouth Rinse

Adults who take their oral health seriously not only ask about what toothbrush and toothpaste to use but also about the numerous options for mouth rinsing. Your dentist's recommendations will be tailored to your personal needs.

### 6. Maintain a Healthy and Nutritional Diet

What you eat and drink influences the overall health of your oral cavity. Poor dietary habits may hurt your oral health by encouraging the onset of caries and hindering the development of tooth enamel.

### 7. Maintain Routine Dental Check-ups and Professional Cleanings

Your recommended oral hygiene routine may change if you've had a blow to your dental palate, as you age, or if your medical condition changes. Maintain optimal oral health; this will be reviewed when you visit your dentist for routine oral checkups and cleaning. Some people face a higher risk for tooth decay.

*We provide a wide range of dental treatments for everyone.*