

# How to Have a Healthy Mouth

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**OFFICE OF ORAL HEALTH**  
Prevention and Health Promotion Administration  
Maryland Department of Health and Mental Hygiene



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The Department, in compliance with the Americans with Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from DHMH services, benefits and employment opportunities.

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## Important Tips on

# How to Have a Healthy Mouth

Floss daily to clean between the teeth.

(Parents/caregivers should floss their children's teeth until they are 7 - 8 years old.)

Visit your dental provider twice a year for a routine evaluation and cleaning.

Let your dental provider know of any medical conditions you have and any medications you are taking.

Use a toothbrush with soft bristles. Replace your toothbrush every 3 months.

Brush all surfaces of your teeth including your tongue.

Stop the use of tobacco products and limit the amount of alcohol you drink.

Have an oral cancer exam yearly.

Drink plenty of water; even better if the water has fluoride!

Avoid sugary drinks and foods.

Do not ignore sore or bleeding gums that last longer than two weeks.

Brush 2 times a day for at least 2 - 3 minutes with toothpaste that has fluoride.

(Parents/caregivers should supervise brushing until children are 7 - 8 years old.)

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