



## For optimal oral hygiene

Congratulations!

You care deeply about your oral health. Here are some tips to optimize decay and gum disease prevention:

- ✚ **Brush your teeth at least twice a day**, preferably after each main meal.
- ✚ **Avoid sugary, carbonated or acidic beverages that are consumed in several times, as well as nibbles and sweets between meals.** If that's not possible, **consume them closer to the main meals.**
- ✚ **Choose low-sugar foods for snacks** between meals such as fresh fruits and dairy products. For sweets, **prefer products containing sugar substitutes or sweeteners** (sorbitol, xylitol, aspartame...) such as those bearing the "sympadent" label that protects the teeth.  

- ✚ When drinking an acidic or sweet drink (soda, juice, coffee), **drink a glass of water afterwards or just rinse your mouth.**
- ✚ Use a **soft-bristle toothbrush**. It should be changed every 8 weeks.
- ✚ Choose a **low abrasiveness** (RDA <55) **toothpaste containing fluorine**. Fluorine is essential for decay prevention. A toothpaste that is too abrasive may wear the dentin on the tooth's collar.
- ✚ The toothbrush does not clean the spaces between the teeth. However, these represent more than 30% of dental surfaces. **Use an interdental brush between each tooth once a day before brushing.** If the spaces are too tight for the brush, **use dental floss.**
- ✚ **Brush your tongue every day** with a toothbrush or a tongue scraper. The tongue is a big contributor to bad breath.
- ✚ Fluoride mouthwashes reach areas that are not cleaned by the toothbrush. **Gargle once a day with 10 ml for 1 minute, then spit without rinsing.**



-  **Smoking and excessive alcohol consumption have negative effects on oral health.**
-  ***Get your dentist or dental hygienist to check your teeth regularly*** for professional cleaning and early diagnosis in the event of adverse effects.