

6 Simple Ways to Prevent Cavities & Tooth Decay

Daily Checklist from your Local Dentist

Brush Twice Daily

- 2 full minutes
- Flouride Toothpaste
- 45° angle to gums

Floss Daily

- Before bed
- Reaches 35% more surfaces where most the cavities start.

Use Flouride Mouthwash

- After brushing and flossing
- Extra protection against acid attacks

Cut Sugar and Acidic Foods

- Limit soda, juice, sticky sweets
- Frequency matters more than amount

Drink Flouridated Water

- Rinse away bacteria
- Natural cavity fighter

Chew Sugar-Free Xylitol Gum

- After meals
- ADA seal
- Reduces harmful bacteria

Bonus Habits for Extra Protection

- Clean your tongue daily
- Visit your dentist every 6 months (or 3–4 months if high risk)
- Stay hydrated and manage dry mouth

Pro tip: Print this checklist and tape it to your bathroom mirror!