

# Daily Oral Hygiene Routine

## Morning

- Brush for 2 minutes with fluoride toothpaste
- Clean your tongue
- Rinse with mouthwash (if recommended)
- Drink a glass of water

## After meals

- Rinse with water to wash away food particles
- Chew sugar-free xylitol gum if you cannot brush

## Evening

- Floss all teeth carefully
- Brush for 2 minutes with fluoride toothpaste
- Clean your tongue
- Rinse with mouthwash
- Do not eat or drink anything (other than water) after brushing

## Every 3-4 months

- Replace your toothbrush

## Every 6 months (or as directed)

- Visit Alta Loma Dental Care for a professional cleaning and exam