

Daily Oral Hygiene Routine

Morning Routine (2–3 minutes)

- Brush for a full 2 minutes with ADA-accepted fluoride toothpaste (soft-bristled or electric toothbrush)
- Use gentle circular motions at a 45° angle to the gums
- Clean your tongue (scraper or toothbrush) to remove bacteria and freshen breath
- Rinse with water (skip immediate mouthwash if using fluoride toothpaste)
- Optional upgrade: Water flosser or interdental brush for quick between-teeth clean

Nighttime Routine

(3–4 minutes – Most Important of the Day)

- Floss or clean between teeth first (removes plaque brushing can't reach)
- Brush for a full 2 minutes with fluoride toothpaste
- Spit – do not rinse (lets fluoride work longer)
- Clean your tongue again
- Optional: Use an ADA-accepted antimicrobial mouthwash if recommended by your dentist

All-Day / Weekly Essentials

- □ Clean between teeth at least once every 24 hours (floss, water flosser, or interdental brushes)
- □ Limit sugary drinks/snacks – rinse with water after consuming
- □ Stay hydrated (water is your mouth's best friend)
- □ Replace toothbrush head every 3 months (or sooner if bristles fray)
- □ Weekly check: Schedule your next dental visit (every 6 months or as advised)