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## 7 Steps to Healthy Teeth and Gums

1. Brush at least twice daily with a **soft** bristle toothbrush.
2. Use toothpaste with **anticavity** (fluoride) and **antigingivitis** properties.
3. **Floss daily** to clean between teeth and below gum line.
4. Rinse with a **mouthwash** designed to fight tartar and plaque. (ex. Listerine or Crest ProHealth).
5. Get **regular dental checkups** and medical checkups.
6. **Pay attention** to your dental hygienist's comments during your examination and cleaning.
7. Keep your **dental chart up to date** by telling the hygienist about your health issues and medications.