

5 Steps for a Healthy Smile



Healthy teeth are important for chewing, speaking and your appearance.

For healthy teeth:

- 1.** Brush twice a day
- 2.** Floss every day
- 3.** Avoid sugary foods
- 4.** Avoid sugary drinks
- 5.** Visit the dentist twice a year

Brushing Basics



Q. What do I need to use for brushing my teeth?

You need a soft bristled toothbrush and toothpaste with fluoride in it.

Q. How much toothpaste will I need?

About the size of a pea.



Q. How long do I need to brush my teeth?

Brush for two minutes.

Q. Why do I need to floss my teeth?

Flossing can remove food and plaque that your toothbrush cannot reach.

Q. How do I floss?

Use about 18 inches of floss but leave about two inches between your fingers to use. Gently slide floss between your teeth, following the curves of the teeth.

Missouri Department of Health and Senior Services
Oral Health Program

[health.mo.gov/oral health](http://health.mo.gov/oral%20health) ✕ 573.751.5874

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER

Services provided on a nondiscriminatory basis
Individuals who are deaf, hard-of-hearing, or have
a speech disability can dial 711 or 1-800-735-2966.

#102