

Protect Your Smile



Do:

- Wear a mouth guard while playing sports to prevent chipped teeth or tooth loss.



- Use good oral hygiene – floss daily and brush at least two times a day.
- Visit the dentist at least once a year.
- Have fluoride varnish painted on teeth to help keep your teeth strong.

Avoid:

- Piercing the lip or tongue, which can damage gums and chip teeth.
- Using your teeth for anything other than chewing food such as opening bottles, chewing pens, or ripping packages. This can cause chipped teeth or even tooth loss.



- All forms of tobacco use can destroy oral health. Tobacco can also dry out the mouth, causing tooth decay, and stain teeth.



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