Healthy Habits at Home

Daily care for your natural teeth and your dentures.

Brushing well

- Angle the bristles 45° toward the gumline.
- Use small, gentle circles. Scrubbing hard wears enamel and gums.
- Brush your tongue, too.

Between your teeth

- Curve floss into a C around each tooth and slide it just below the gums.
- Implants, bridges or braces: try floss threaders, small interdental brushes or a water flosser.

Protect your smile

- Grinding, clenching or jaw pain? Ask about a custom night guard.
- Dry mouth? Sip water, try sugar-free xylitol gum and let us know.
- Tobacco and vaping raise the risk of gum disease.

Whole-body health

Gum health is linked to conditions like heart disease and diabetes. Please keep us updated on health changes and medications.

Caring for your dentures

- Rinse after eating. Brush daily with a denture brush and non-abrasive cleanser; regular toothpaste can scratch.
- Soak overnight in water or denture solution. Never use hot water, which can warp them.
- Handle them over a folded towel or a sink of water.
- Brush your gums, tongue and the roof of your mouth daily.
- Remove them at night to rest your gums, unless we advise otherwise.
- Sore spots, a loose fit or cracks? Call us; don’t adjust them yourself.
- Keep yearly exams for fit checks and oral cancer screening.

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