

# ORAL HEALTH 1010

## KNOWLEDGE IS POWER

- Teeth can last a lifetime with just a little daily care.
- Clean teeth DO NOT decay.
- Healthy gums DO NOT bleed.
- You DID NOT inherit weak teeth from your parents.
- What you inherited from your parents were your eating and hygiene habits.
- “An ounce of prevention is worth a pound of cure,” applies to your teeth as well.
- Plaque or bacteria on one’s teeth eat the sugar you eat and turn that sugar into an acid which then causes decay. If you don’t eat sugary foods, the plaque CANNOT cause decay.
- Decay requires **three** things: 1. A tooth, 2. Plaque, 3. Sugar. Remove any **ONE** ingredient and you PREVENT decay!
- Brush way up on the gums as well as the teeth twice a day.
- Floss all your teeth once a day.
- Use fluoride mouthwash after brushing or spit out the toothpaste but leave some, do not rinse out the toothpaste.
- Limit between meal sweets. Use diet drinks and sugar free options rather than sugar versions of foods.
- Parents: Babies should only have water in their bottles when placed in bed.
- Get regular check-ups and cleanings by a dentist and staff.

Our office goal is to painlessly restore your teeth to optimum health and teach you how to prevent future problems. Good oral health is one of the best long-term investments you will ever make!

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