

Dental Care Checklist

A whole-picture checklist covering daily care, dental visits, diet and warning signs for healthy teeth and gums.

Daily Care at Home

- Brush twice a day for two minutes with fluoride toothpaste
- Floss or use interdental cleaners once a day
- Clean your tongue to reduce bacteria and bad breath
- Use a soft-bristled brush and replace it every three to four months
- Spit out toothpaste but avoid heavy rinsing afterward
Leaving a thin layer of fluoride helps protect enamel.
- Drink water through the day to rinse away food and acid

Regular Checkups and Cleanings

- Book a dental checkup, usually about every six months
- Get a professional cleaning to remove hardened tartar
Tartar cannot be removed by brushing alone.
- Keep a record of appointment dates for the whole family
- Ask about dental X-rays as your dentist recommends
- Discuss fluoride treatments or sealants if suggested
- Update your dentist on medications and health changes

Eat for Healthy Teeth

- Limit sugary snacks and sticky sweets between meals
- Cut back on sugary and acidic drinks like soda and juice
- Avoid sipping sweet or acidic drinks slowly all day
Constant sugar gives bacteria more chances to attack enamel.
- Choose tooth-friendly snacks like cheese, nuts and crunchy vegetables
- Drink fluoridated tap water where available
- Chew sugar-free gum after meals if you cannot brush

Care for Children's Teeth

- Wipe a baby's gums before teeth come in
- Brush with a smear of fluoride toothpaste from the first tooth
- Supervise brushing until kids can do it well on their own
- Book a first dental visit by age one or the first tooth
- Avoid putting a baby to bed with a bottle of milk or juice
Pooling sugary liquid overnight causes early childhood cavities.
- Encourage water over sugary drinks for everyday hydration

Know the Warning Signs

- Watch for toothache or sensitivity to hot, cold or sweet
- Note gums that bleed, swell or pull away from teeth
- Check for persistent bad breath or a bad taste
- Look out for loose teeth, chips or a cracked filling

See a dentist promptly for mouth sores or lumps lasting two weeks

Persistent sores should always be checked by a professional.

Important: this is general information, not dental advice

See a dentist for checkups and any persistent or painful dental problem.