

# Oral Hygiene Checklist

A daily checklist of brushing, flossing and mouth-care habits that keep your teeth and gums healthy.

## Brush Twice a Day

- Brush in the morning and again before bed
- Brush for a full two minutes each time  
A timer or an electric brush's built-in timer makes this easy.
- Use a soft-bristled toothbrush to protect gums and enamel
- Hold the brush at a 45-degree angle to the gumline
- Use gentle, short strokes rather than hard scrubbing
- Cover all surfaces: outer, inner and chewing sides
- Brush behind the front teeth, top and bottom

## Floss and Clean Between Teeth

- Floss once a day, ideally before brushing at night
- Use about 18 inches of floss, winding it around your fingers
- Curve the floss into a C shape against each tooth
- Use a clean section of floss for every gap  
Reusing the same spot just moves plaque around.
- Try floss picks or interdental brushes if string floss is awkward
- Be gentle near the gumline to avoid bleeding and damage

## Use Fluoride and Mouth Care

- Brush with a fluoride toothpaste to strengthen enamel
- Spit out excess toothpaste but avoid rinsing heavily with water  
Leaving a little fluoride behind helps protect your teeth.
- Clean your tongue with the brush or a tongue scraper
- Use an alcohol-free mouthwash if you like, as an extra step not a replacement
- Check toothpaste contains fluoride when buying it

## Build Good Daily Habits

- Wait about 30 minutes to brush after acidic food or drinks  
Acid softens enamel temporarily, so brushing too soon can wear it.
- Drink water through the day to rinse away food and acid
- Limit sugary snacks and sip-all-day sweet drinks
- Avoid smoking and tobacco, which harm gums and teeth
- Keep a spare brush and travel floss for trips
- Replace your toothbrush every three to four months

## Watch for Warning Signs

- Note bleeding gums when brushing or flossing
- Watch for persistent bad breath or a bad taste
- Check for tooth sensitivity to hot, cold or sweet
- Look for red, swollen or receding gums

Book a dental visit for any pain, loose teeth or sores that linger

Catching problems early is usually simpler and cheaper to treat.

Important: this is general information, not dental advice

See a dentist for cleanings, checkups and any persistent tooth or gum problem.