

# Tooth Tips for Adults and Parents



1. Brush your teeth for two minutes, twice a day.
2. Use a pea-sized amount of fluoride toothpaste.
3. Brushing before bed is very important; food, sugar, and bacteria sitting on the teeth all night cause cavities.
4. Floss once a day to clean between teeth where the toothbrush can't reach.
5. Replace toothbrushes every 3 months - or sooner if the bristles start to spread apart.

**Why?** A healthy mouth is very important for overall health. Poor oral health has been linked to cardiovascular diseases and lung diseases. Keep your smile and your whole body healthy!



For more tips  
and information, visit

**[www.gov.nt.ca/teeth](http://www.gov.nt.ca/teeth)**

If you would like this information in another official language, please contact us at **1-855-846-9601**

