

**Dr. Gifford's Top Tips for Great Oral Hygiene:**

(503) 246-1710

[www.giffordfamilydentistry.com](http://www.giffordfamilydentistry.com)

- (1) Brush 2 minutes in a.m. as demonstrated by your dentist
- (2) Brush 2 minutes in p.m. as demonstrated by your dentist
- (3) Floss in p.m. as demonstrated by your dentist
- (4) Mouth rinse in p.m. vigorously for 30 seconds. Spit, don't swallow
- (5) After you clean your teeth at night, don't eat or drink anything else before bed except for water.
- (6) Get your teeth professionally cleaned at least every 6 months along with a check-up exam by your dentist.
- (7) Avoid mid-meal snacks/drinks; water & sugar-free "xylitol" containing gum and mints are ok between meals and are actually good for your teeth.
- (8) Minimize refined sugar intake; Maximize vegetable, protein intake
- (9) Drink water instead of something else
- (10) Don't use tobacco or illegal drugs
- (11) Don't abuse alcohol