



HOME CARE INSTRUCTIONS

A healthy smile starts at home! Daily habits help prevent cavities, protect gums, and keep teeth healthy for a lifetime.

DAILY ORAL CARE

- Brush twice daily with a toothpaste that carries the ADA Seal of Acceptance.
- Brush for at least 2 minutes each time.
- Floss once daily to clean between teeth.
- Replace your toothbrush every 3–4 months or sooner if worn.

HEALTHY EATING HABITS

- Limit sugary snacks, candy, and sweet drinks.
- Drink plenty of water throughout the day.
- Choose healthy snacks such as fruits, vegetables, cheese, and yogurt.
- Avoid frequent snacking between meals.

PROTECT YOUR SMILE

- Wear a mouthguard during sports and recreational activities.
- Avoid chewing on ice, pens, pencils, or other hard objects.
- Visit the dentist regularly for checkups and cleanings.

REMEMBER

Baby teeth are important! They help children chew properly, speak clearly, smile confidently, and maintain space for permanent teeth.

Healthy habits today create healthy smiles for a lifetime!

Magic Dental Care