

A Good Oral Care Routine

Maintain a healthy oral care routine by following these five easy steps:



Visit your dentist regularly



Brush your teeth twice a day



Floss daily



Chew sugarfree gum after eating and drinking when “on-the-go”



A balanced diet that is low in sugars is essential to maintaining healthy teeth



The ADA supports chewing sugarfree gum like Wrigley's Extra

For more information please visit www.ExtraOralHealthcareProgram.com.au