

Prevention Looks Like



ROUTINE DENTAL CLEANINGS

Visit your dentist at least once a year, even if you have no natural teeth or have dentures.
Let the dental team know if you have any sudden changes in taste or smell.
Do not use tobacco or vaping products. Talk to your dentist about smoking cessation programs.



BRUSHING & FLOSSING TWICE A DAY

Drink optimally fluoridated water and brush with fluoride toothpaste to prevent cavities.
Brush your teeth twice a day for two minutes and floss daily between teeth to remove plaque.

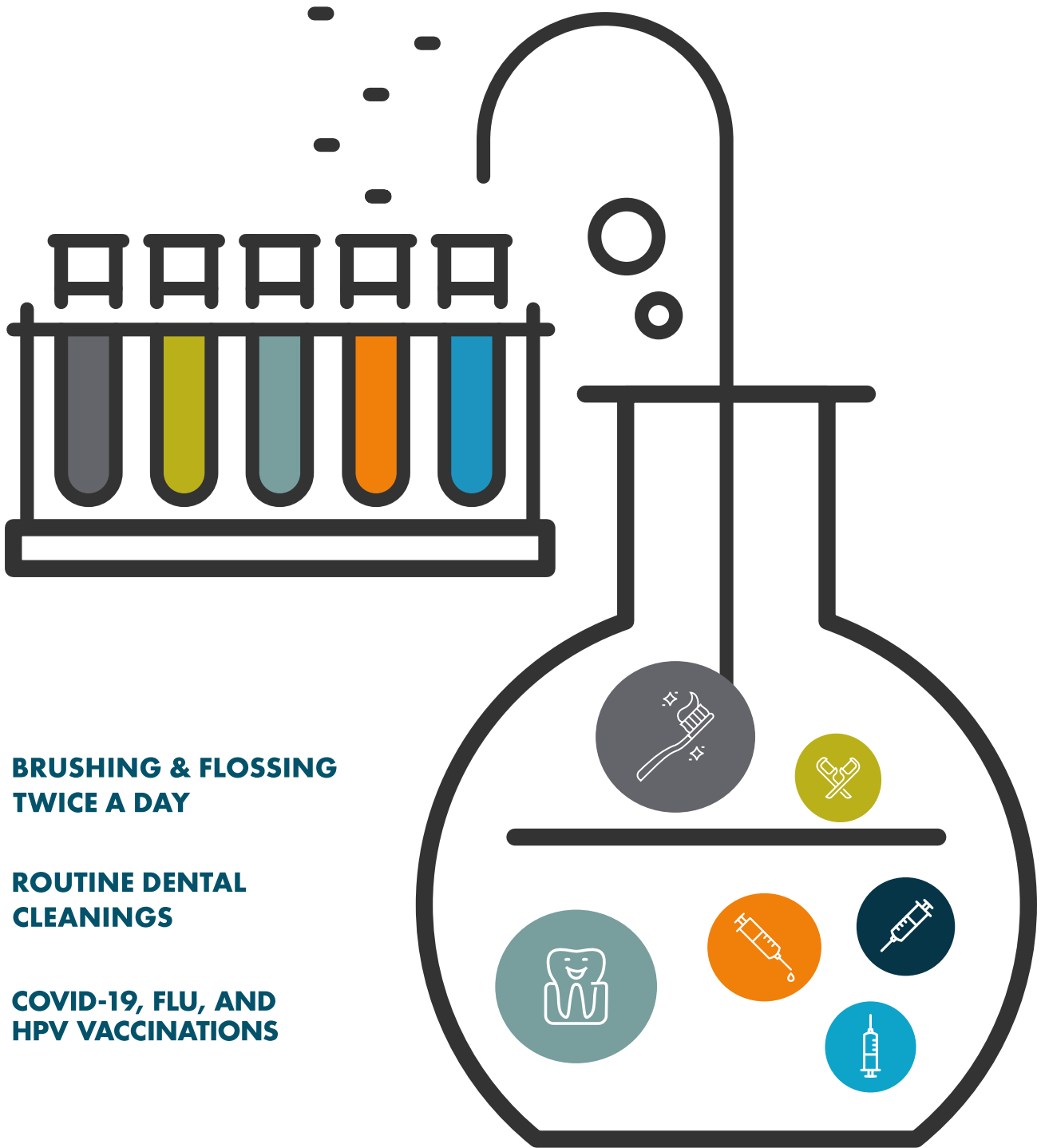


UP-TO-DATE VACCINATIONS

COVID-19, seasonal flu, and HPV vaccinations are safe and effective in preventing disease. Ask your dentist questions about recommended vaccines and how to stay up to date!

**Talk to your dental team about
scheduling a vaccine!**

Formula for a Healthy Smile



**BRUSHING & FLOSSING
TWICE A DAY**

**ROUTINE DENTAL
CLEANINGS**

**COVID-19, FLU, AND
HPV VACCINATIONS**

**Your dental team is here to keep you
and your smile healthy!**

