

EVOLVE

ORTHODONTICS

We Can Change Your Life!

Top tips for a healthy smile...

1. Brush your teeth at least twice a day.
2. Use dental floss or inter dental brushes to clean between your teeth.
3. Cut down on sugary foods and sugary drinks. Try limiting it to once in a while instead of everyday.
4. Use a straw when you have fizzy drinks or citrus juices - to help keep acid away from your teeth.
5. Quit using any tobacco products.
6. Use your teeth to chew healthy food items only. (No fingernails, pens, etc.)
7. Try to reduce stress in your life. It not only benefits your teeth and gums but your overall health too.
8. Visit us regularly for a healthy mouth review and hygiene visit.

T 01275 842550

E enquiries@evolve-dentistry.co.uk www.evolve-dentistry.co.uk