



Maintaining good oral health during COVID-19

Together, we are facing a new normal right now. It affects all of our schedules, plans and appointments for the near future. Don't forget your oral health in the midst of everything else going on. While our dental office may be closed, there are many things you can do while home.

Here are a few tips to follow:

1. Brush twice a day with fluoride toothpaste
 - Try to brush for 2 minutes for a thorough cleaning
 - Spit, but don't rinse after brushing to keep the fluoride on your teeth
2. Floss daily
3. Drink fluoridated water
4. Limit your intake of sodas, coffee and alcohol
5. Avoid tobacco products
6. Eat a healthy diet
7. Replace toothbrushes after a sickness

You can set a good example for any children in your home or life by following these tips. We are only able to open for emergencies right now, but soon we will re-open for regular cleanings and x-rays. Once we do open, make sure to resume your regularly scheduled dental visits.



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