



October is All About Oral Hygiene

What is Oral Hygiene?

Oral hygiene means taking care of your mouth so it stays clean and healthy. You can do this by brushing and flossing every day and visiting your dentist for regular checkups, cleanings, and X-rays.

Why Does Oral Hygiene Matter?

Good oral hygiene is a form of preventive care. Taking care of your teeth and gums every day can help stop problems such as [cavities](#), [gum disease](#), bad breath, and other oral health issues before they start.

Oral health is also connected to your [overall health](#). Infections in the mouth can affect other parts of the body and may contribute to serious health conditions. Keeping your teeth and gums healthy is key to staying healthy overall.

What Can I Do to Keep My Mouth Healthy?

Here are some simple steps you can take to keep your mouth healthy:



Brush your teeth twice a day for two minutes using a [soft toothbrush and fluoride toothpaste](#). Don't forget to brush your tongue, too.



Clean between your teeth every day with [floss](#), a water flosser, or another tool recommended by your dentist.



Choose healthy foods and drinks and try to limit sugary snacks and beverages.



Replace your toothbrush regularly. Most toothbrushes should be replaced every 3 to 4 months.



Visit your dentist at least once a year for a checkup and [cleaning](#). Your dentist may recommend seeing you more often based on your needs.



Do not use [tobacco products](#), which can harm your oral and overall health.



If you notice any problems or changes in your mouth, contact your dentist as soon as possible.

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3. Enter your location and network type, then click search
4. Browse the list of dentists in your area

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