

# Daily Oral Health - 6-Minute Wellness Guide

## Your Complete Morning & Evening Routine

### MORNING ROUTINE - 3 Minutes

â Brush teeth with fluoride toothpaste - 2 minutes

â Use gentle circular motions

â Focus on gum line at 45-degree angle

â Don't forget tongue and roof of mouth

â Tongue scraping - 30 seconds

â Start from back, scrape forward

â Rinse scraper between strokes

â Antibacterial mouthwash - 30 seconds

â Swish thoroughly

â Don't rinse with water afterward

### EVENING ROUTINE - 3 Minutes

â Floss all teeth - 2 minutes

â Use clean section for each tooth

â Gentle sawing motion, curve around tooth

â Don't snap floss into gums

â Thorough brushing - 2 minutes

â Remove loosened plaque from flossing

â Pay extra attention to back teeth

â Fluoride rinse - 30 seconds

â Strengthens enamel overnight

â Final step before bed

### EXPERT TIPS

â Replace toothbrush every 3-4 months

â Wait 30 minutes after eating to brush

â Use soft-bristled toothbrush

â Stay hydrated throughout the day

â Visit dentist every 6 months