



# SAVE YOUR TOOTH

YOUR NATURAL TEETH ARE PRICELESS. HERE'S HOW TO PROTECT AND PRESERVE THEM:

## #1 | Hygiene Habits

- Brush your teeth for two minutes, twice a day (2x2) using a soft-bristled toothbrush and fluoride toothpaste.
- Floss daily using a gentle circular motion and curving the floss around each tooth in a C-shape.
- Rinse your mouth with an antimicrobial mouthwash after brushing and flossing.
- Replace your toothbrush every three to four months or sooner if the bristles become frayed.



## #3 | Visiting Your Dentist



- Schedule regular dental check-ups and professional cleanings.
- Your dentist can identify issues early on and provide appropriate treatment.
- Seek professional advice for personalized oral care routines and treatments.
- Your dentist can refer you to an endodontist for cases that need specialist care.

## #2 | Healthy Lifestyle

- Drink plenty of water throughout the day.
- Follow a balanced diet rich in fruits, vegetables, lean proteins, and whole grains.
- Limit sugary and acidic foods and drinks to prevent tooth decay.
- Quit smoking and avoid tobacco products to reduce the risk of oral cancer, gum disease, and tooth loss.



## #4 | Preventative Measures



- Wear a comfortable mouth guard during contact sports and high-risk physical activities.
- Take preventive measures like flossing and brushing your teeth regularly to avoid tooth extraction or replacement whenever possible.
- Preserving natural teeth maintains proper food breakdown, aids digestion, and supports jawbone health and strength.

## #5 | When to See a Specialist



- If a tooth becomes damaged or infected, consider root canal therapy performed by an endodontist.
- Root canal treatment can save a tooth by removing affected dental pulp and disinfecting the root canals. After root canal treatment, practice appropriate preventive measures to prevent future decay.
- Saving natural teeth through endodontic treatment can be more cost-effective in the long run.

REMEMBER, WHEN IT COMES TO A NATURAL TOOTH, IT'S WORTH SAVING!



SCHOOL OF DENTISTRY

The University of Alabama at Birmingham