

Keep your **mouth healthy**



Brush your teeth and tongue at least twice a day (in the morning and before sleeping) for 2 minutes with fluoride toothpaste



Use a soft-bristled toothbrush; change every 3 months or when bristles spread out



If you wear **dentures**, clean them after **every meal**; remove, clean and soak dentures in water before sleeping



Clean **in between your teeth** with a floss or interdental brush at least once a day



Tilt the **brush at an angle** to your gum line, moving it in small circular motions across all front, back and chewing surfaces of your teeth, not forgetting the back molars



Visit a dentist every 6 months to 1 year to check your teeth; let the dentist know about your blood sugar control and the medication you are taking