



SUMMER'S

Here!



Healthy Dental Tips for the Summer

Routine: Stick to a normal routine as much as possible. Brush 2x a day & floss daily. Even at summer camp or sleepovers!

Limit Sweets: Choose cold fruit as a refreshing snack instead of junk food

Protect Your Teeth: Wear a mouth guard during physical activity

Be Prepared: Accidents happen! If a tooth gets knocked out, store in milk or salt water and call the Dentist right away!



Change Your Toothbrush!

It's time for a new toothbrush if you haven't changed it in the past 3-4 months



Schedule a Checkup at the Dentist!

Don't wait until the end of the summer to schedule your check up and cleaning. Scheduling in the beginning of the summer will make it easier to get an appointment and address any concerns before school starts.



Other Healthy Habits for the Summer



Wear a helmet while riding a bike or scooter



Drink plenty of water



Get enough sleep



Wear sunscreen/hat to protect from sun damage



Don't run on slippery pool decks!

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