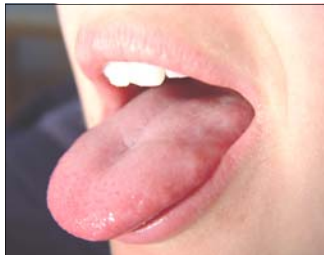
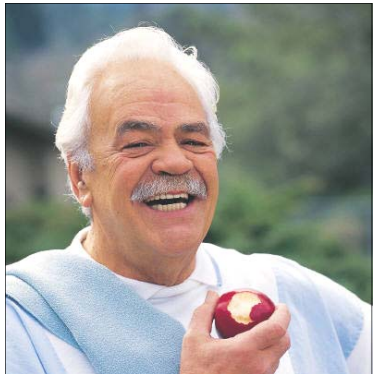


What's going on



in YOUR mouth?

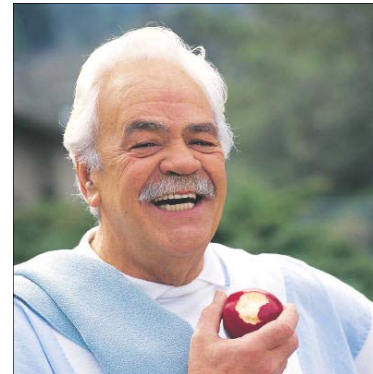
KEEP YOUR MOUTH HEALTHY & YOUR SMILE BRIGHT

BRUSH at least twice a day (morning and night) with a fluoride toothpaste. Don't forget to brush your tongue!

FLOSS once a day, before you brush.

VISIT your dental team once a year for a cleaning and check-up to ensure all is well.

What's going on



in YOUR mouth?

KEEP YOUR MOUTH HEALTHY & YOUR SMILE BRIGHT

BRUSH at least twice a day (morning and night) with a fluoride toothpaste. Don't forget to brush your tongue!

FLOSS once a day, before you brush.

VISIT your dental team once a year for a cleaning and check-up to ensure all is well.

**REMEMBER THAT YOUR DENTAL HEALTH
REFLECTS YOUR OVERALL HEALTH**

**SEE YOUR DENTAL TEAM RIGHT AWAY IF YOU HAVE
ANY OF THESE SIGNS OR SYMPTOMS:**

Red, shiny, puffy, sore or sensitive gums
Bleeding when you brush or floss your teeth
Teeth that are sensitive to hot, cold, sweetness or pressure
Brown or black spots on or in between your teeth
Chipped or broken teeth or fillings
Open sores that do not heal within 10 days
White or red patches on the soft tissues of the mouth or tongue
Lumps or thickening anywhere inside your mouth (on your gums, tongue, roof or floor of the mouth, inside of your cheeks)
Clicking, popping sounds, or soreness of the jaw
Persistent bad breath

A HEALTHY MOUTH SHOULD HAVE:

Pink, firm, stippled gums that fill the spaces between your teeth
Smooth shiny teeth that are firm and strong
Smooth pink cheeks, tongue, floor and roof of your mouth
No odor to the breath
No bleeding upon flossing or brushing

This message is brought to you by the
EDMONTON DENTAL ASSISTANTS ASSOCIATION
www.edaa.ab.ca

**REMEMBER THAT YOUR DENTAL HEALTH
REFLECTS YOUR OVERALL HEALTH**

**SEE YOUR DENTAL TEAM RIGHT AWAY IF YOU HAVE
ANY OF THESE SIGNS OR SYMPTOMS:**

Red, shiny, puffy, sore or sensitive gums
Bleeding when you brush or floss your teeth
Teeth that are sensitive to hot, cold, sweetness or pressure
Brown or black spots on or in between your teeth
Chipped or broken teeth or fillings
Open sores that do not heal within 10 days
White or red patches on the soft tissues of the mouth or tongue
Lumps or thickening anywhere inside your mouth (on your gums, tongue, roof or floor of the mouth, inside of your cheeks)
Clicking, popping sounds, or soreness of the jaw
Persistent bad breath

A HEALTHY MOUTH SHOULD HAVE:

Pink, firm, stippled gums that fill the spaces between your teeth
Smooth shiny teeth that are firm and strong
Smooth pink cheeks, tongue, floor and roof of your mouth
No odor to the breath
No bleeding upon flossing or brushing

This message is brought to you by the
EDMONTON DENTAL ASSISTANTS ASSOCIATION
www.edaa.ab.ca