

# Brush for Your Crush

Smile! More than 50% of people will return a smile, proving smiling is contagious and good for those around you!

**Brush after breakfast and after dinner.**

**Floss before bed.**

Visit your dental team twice a year for a professional cleaning and check up to make sure your mouth is healthy.

Avoid mouth piercings.

Don't Smoke.

Wear a mouth guard when playing high impact sports.

Brush after eating sticky and sugary foods.



This message was brought to you by the Edmonton Dental Assistants Association.

For more information on mouth piercings, bad breath, wisdom teeth, and tips on keeping a healthy smile for a lifetime, go to the EDAA Dental Health Promotions page. [www.edaa.ab.ca/id16.html](http://www.edaa.ab.ca/id16.html)