



Where are you on the Smile Spectrum?



Tight-Lipped

Your mouth isn't the place you'd like it to be and you're looking for ways to get that smile shining brighter. You might have some or all of these smile-limiting factors:

- Stale breath
- Stained teeth
- Fillings or tooth decay
- Plaque build up
- Gum disease



or

Full Beam

You're brushing, flossing and your dentist is asking YOU for advice. Great job. You don't need to read the rest of this poster... but you probably will. You're proud that you have:

- Healthy teeth
- Healthy gums
- Fresh breath
- Plaque under control



If anything's holding back your smile, here are **5 steps to help it shine!**



Brush your teeth

to keep them clean (as you knew) and protect them from acidity (as you maybe didn't?). Use a fluoride toothpaste and brush twice a day.



Floss your teeth daily

to remove plaque between teeth. You knew this was coming. But your dentist wouldn't ask you to do something so tedious if it wasn't seriously beneficial to that smile.



Chew sugar-free gum

because pockets are small, sugar-free gum is a portable option to keep your teeth clean and healthy when you are eating and drinking on the go, and can't brush.*



Visit your dentist

for regular check-ups to check that you're doing everything you can for a healthy smile. If you're reading this poster, you've got this one covered.



Eat a healthy diet

with plenty of fruit, vegetables and dairy to nourish your teeth from the inside. Vitamins and minerals like calcium will protect your teeth, but snacks between meals can cause decay.

Talk to your dentist about how to achieve a healthier smile.

