**6 Pearls of Wisdom**

to care for your restored pearly whites and avoid do-it-again dentistry

1. **Get a dental examination** and cleaning at least every 6 months.
2. **Brush your teeth** with a fluoride toothpaste at least twice a day.
3. **Floss your teeth** at least once a day.
4. **Use a mouthwash** recommended by your prosthodontist.
5. **Follow your prosthodontist’s tailored at-home maintenance recommendations.**
6. **Wear a night guard** if recommended by your prosthodontist to protect your restorations.

**2 Bonus Tips:**
- **Don’t smoke or chew tobacco.**
- **Avoid eating a high-sugar diet.**

**With these recommendations...**
Your restored teeth can last decades **AND** avoid do-over dentistry!

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