



6 PEARLS OF WISDOM

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



Get a **dental examination** and cleaning at least every 6 months.



Brush your teeth with a **fluoride toothpaste** at least twice a day.



Floss your teeth at least once a day.



Use a **mouthwash** recommended by your prosthodontist.



Follow your prosthodontist's tailored **at-home maintenance** recommendations.



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!

FIND YOUR LOCAL PROSTHODONTIST ON GOTOAPRO.ORG



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