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!