Home Oral Care Recommendations
to Reduce the Risk of Caries and Gum Disease

Advise all patients to:
• Brush teeth twice a day with fluoride toothpaste
• Clean between teeth daily
• Eat a healthy diet that limits sugary beverages and snacks
• See a dentist regularly for prevention and treatment of oral disease

For patients with increased risk of gum disease, consider mouth rinse or toothpaste with proven antimicrobial activity
For patients with increased risk of caries, consider fluoridated mouth rinse
For patients who struggle to clean between their teeth, consider what interdental cleaning tool might be best
For patients seeking or needing improved plaque removal, consider a power toothbrush

Discourage practice of do-it-yourself orthodontic treatment
Recommend that patients drink fluoridated water
Discuss tobacco cessation (smoking and smokeless tobacco)
Recommend that patients avoid oral piercings

For more information visit ADA.org/homecare.

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