



Want a smile to remember?

You can play a major role in keeping your smile healthy and attractive:

- Visit your dentist regularly for preventive care such as checkups and cleanings.
- Brush your teeth twice daily – be sure to brush along the gumline.
- Floss daily to remove plaque from places your toothbrush can't reach. The best time to floss is before bedtime.
- Avoid cigarettes and smokeless tobacco, which may contribute to gum disease. Ask your dentist if you need help quitting smoking.

**For more dental health information, visit:
www.deltadentalins.com**