



San Juan, TX (956) 223-4428

contactsanjuan@littleheroesdentistry.com

423 W F.M 495, San Juan, TX

Mission, TX (956) 581-4403

contactmission@littleheroesdentistry.com

1317 St Claire Blvd #A3, Mission, TX

Laredo, TX (956) 568-6690

contactlaredo@littleheroesdentistry.com

5220 McPherson Rd #101, Laredo, TX

TOP 10 DENTAL TIPS

No one likes a dirty mouth but sometimes we can get overwhelmed by all the information and advice available.

Heroes Dental offers these 10 quick tips to help keep things simple for an effective everyday routine:

1. Brush Often And The Right Way

Everything starts with finding time to brush for at least two minutes, twice a day.

Combine short back and forth motions on the sides and tops of your teeth with shorter, vertical strokes on the backs of your teeth.

2. Care For Your Brush Too

Choose a toothbrush with bristles and a head that are able to reach into the spaces between your molars. Also, rinse your toothbrush after each time you brush. Allow it to air dry on its own.

3. Change Your Brush Often

Change your toothbrush every three to four months to keep it clean and working right.

4. Floss The Right Way

Start with a piece of floss big enough, at least 18 inches. Your floss should move in a "C" motion between teeth and rub against both teeth.

5. Make It A Trifecta With Mouthwash

Mouthwash is not a substitute for brushing or flossing but can help to reach places they can't. Add it to your daily dental routine.

6. Add A Tongue Scraper

Regular brushing can leave bacteria on your tongue. A tongue scraper will not only keep your tongue cleaner but also make your breath fresher.

7. Watch What You Eat

Your teeth need calcium. Yogurt, broccoli, cheese, and milk are great choices to get this vitamin.

8. Cut Back On Those Cokes

Milk and water are the best drinks for your dental care. Limit soda, coffee, and alcohol, as they can have a negative effect on your teeth.

9. Tobacco Is A No-No

Tobacco will stain your teeth, increase your chance of oral cancer, and affect your breath.

10. Visit Heroes Dental

There is no better way to keep up with your dental health than regularly visiting your dentist. Heroes Dental encourages you to visit with our staff at least twice a year for cleanings and exams to make sure you are on the right track and potential issues are identified early.