

# The U.S. Surgeon General's Seven Steps to a Bright Smile

A smile can last a lifetime – if you take care of it.



**Follow these easy steps to keep teeth  
and gums strong and healthy.**

1. Brush Teeth and gums with Fluoride Toothpaste at least twice a day, especially after eating breakfast and before bedtime.
2. Visit the Dentist Regularly.
3. Floss Your Teeth Daily.
4. Use Fluoride Rinse for strong, healthy teeth and gums.
5. Limit the number of times you eat snacks each day... and remember to practice healthy eating and get plenty of calcium.
6. Wear a Mouthguard When Playing Sports.
7. Ask your Dental Professional about Dental Sealants.

**Your Bright Smile – Let It Shine!**

