



Get your “festive smile on” with our oral care tips



This festive season, get a bright & healthy smile with these simple oral care tips:



Brush, floss & clean your tongue regularly to prevent the build-up of food and bacteria.



Be **mindful of sugar consumption**, as it can lead to tooth decay.



Drink plenty of water throughout the day to avoid a dry mouth.



Do not use your teeth for opening bottles, tearing packages, or cracking nuts. These activities can lead to **chipping or fracturing a tooth**.



Schedule a dental checkup before the festive season begins to address any existing dental issues.

Finally, don't forget to balance the enjoyment with good oral hygiene!