

COIA & ASSOCIATES

Family Dental Care

OUR ADVICE TO HELP KEEP YOUR TEETH HEALTHY:

1. Attend for regular appointments as agreed with your dentist/ hygienist.
2. Remove plaque from your teeth twice daily.
3. Use fluoride toothpaste to prevent tooth decay.
4. Clean in between your teeth daily.
5. Stop smoking and limit your alcohol intake, for good health and to reduce the risk of mouth cancer. Even if you have no natural teeth we will look in your mouth once a year to check for infections or mouth cancer.
6. Tell your families and friends about how to look after their teeth and mouth's to prevent dental problems for the future generations.
7. Eat healthily for your general health and also your teeth!

THANK YOU FROM THE TEAM!