My Teeth Cleaning Chart

Name: _____

	Morning	Done	Night	Done
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

TWO MINUTES TWICE A DAY

- Brush your teeth twice a day with fluoride toothpaste.
- Cut down on how often you have sugary foods and drinks.
- Visit your dentist regularly, as often as they recommend.

Loughrea Dental
Better mouth, better health
091 - 871 512
www.loughreadental.com
Kelly Street, Loughrea, Co. Galway.

www.facebook.com/loughreadental

www.twitter.com/loughreadental