

# Home Oral Care Recommendations

## to Reduce the Risk of Caries and Gum Disease

No two people are the same. Help patients take charge of their oral health at home with these tailored, evidence-based oral care recommendations.



### GENERAL RECOMMENDATIONS

#### Advise all patients to:

- Brush teeth twice a day with fluoride toothpaste using either a manual or powered toothbrush for at least two minutes
- Clean between teeth daily
- Eat a healthy diet that limits sugary beverages and snacks
- See a dentist regularly for prevention and treatment of oral disease



### PERSONALIZED RECOMMENDATIONS

- For patients with **increased risk of gum disease**, consider mouth rinse or toothpaste with proven antimicrobial activity
- For patients with **increased risk of caries**, consider fluoridated mouth rinse
- For patients who **struggle to clean between their teeth**, consider what interdental cleaning tool might be best
- For patients **seeking or needing improved plaque removal**, consider a power toothbrush



### LIFESTYLE CONSIDERATIONS

- Recommend that patients drink fluoridated water
- Discuss tobacco cessation (smoking and smokeless tobacco)
- Recommend that patients avoid oral piercings

For more information visit [ADA.org/homecare](https://www.ADA.org/homecare).