

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
- 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

- Discourage practice of do-it-yourself orthodontic treatment
- 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://ada.org/homecare).

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