



## 2. Health

A healthy mouth is important to be able to eat, speak and smile. Taking good care of your mouth will prevent pain and maintain fresh breath.



## 3. Getting a check-up

Visit a dental healthcare practitioner such as a dentist, oral hygienist or denturist at least once a year. They will be able to see whether there are any issues with your teeth or whether extra care is required. Including if you have dentures.



## 2. Care

Rinse your mouth after each meal. Brush your teeth twice a day. Preferably after breakfast and in the evening before bed. Clean dentures every evening before sleeping.



## 4. Dental care at home

Not able to visit a dental healthcare practitioner yourself? There are dental healthcare practitioners who can do home visits. Find out more on this website:

[mondzorg.steffie.nl](http://mondzorg.steffie.nl)



**De Mond  
niet Vergeten!**