



## 3 QUICK TIPS FOR YOUR TEETH, TONGUE AND GUMS

The benefits of a happy tongue and healthy teeth and gums 'speak' for themselves.

So, take a look at these 3 quick tips to upgrade your mouth maintenance:

- 1. Don't sleep with a dirty mouth:** Always brush your teeth before going to bed to prevent bacteria.
- 2. Getting bad tongue hygiene licked:** Keep your tongue clean to avoid bacteria and plaque buildup.
- 3. Your gums are your chums:** Visit your dentist regularly for healthy gums that make a happy smile.