

## Care of Teeth



As we have studied above that teeth's cannot be repaired once they are decayed so we must take care of our permanent teeth's. Here are some do's for the care of your teeth-

- A. Floss at least once per day
- B. Brush your teeth twice a day with a soft-bristled toothbrush.
- C. We must avoid eating sticky candy, chocolates and sweets.
- D. Always have a healthy diet and avoid junk food as much as you can.
- E. Move the brush in circular motion while brushing the teeth at the back
- F. Cold drinks are not good for the teeth.
- G. Have plenty of green vegetables, milk, eggs etc.

