Below are some self-care recommendations to maintain your oral health at home between in-office or teledental visits. We will work with you on a care plan that supports you at home and in-office. Reach out to your dental team if your symptoms persist or escalate.

**PRACTICE HEALTHY HABITS**
- Plenty of rest
- Healthy diet
- Good posture
- Exercise
- Stress management — yoga, meditation, acupuncture, massage

**TIPS FOR DECREASING RISK OF GETTING CAVITIES**
- Use fluoridated toothpaste
- Ask about prescription-strength fluoridated toothpaste or rinses
- Leave the foam created on teeth as long as possible
- Limit sugary drinks to mealtime
- Healthy snacks of nuts and cheese

**Tooth Sensitivity**
- Avoid area if possible
- Use sensitivity toothpaste as directed — brush, spit, don't rinse
- Breathe through nose to avoid cold air
- Drink liquids through a straw

**Tooth pain with cold/sweet/hot that doesn't linger**
- Avoid area if possible until you can be seen in office
- Follow Tooth Sensitivity suggestions above and talk to your dentist about over the counter pain medication

**Bleeding gums**
- Continue brushing and cleaning between teeth (floss, floss picks, Waterpik)
- Warm salt water rinses

**Jaw/Muscle Tightness and/or Pain**
- Soft foods diet
- Alternate application of ice and moist heat
- Avoid extreme jaw movement
  - No chewy foods or hard breads
- Yawn against pressure — Hold your fist under the jaw
- Relax facial muscles
  - No clenching
  - Good head and neck support for sleep

Sources: NIDCR https://www.nidcr.nih.gov/health-info/mtm/more-info

**We're here — reach out to us if you have questions or concerns!**
Ask your dental care team about next steps including additional teledental visits, prevention and minimally invasive dental treatment options for you and your family.