

## ORAL HEALTH CHEAT SHEET

TIME	ACTIVITY
<b>Morning Routine</b>	<ul style="list-style-type: none"><li>• Scrape tongue - 7 to 10 scrapes</li><li>• Brush teeth - 2 minutes</li><li>• Oil pull - 5 to 10 minutes</li></ul>
<b>Mid-day</b>	<ul style="list-style-type: none"><li>• Rinse mouth with water pick or warm water after each meal</li><li>• Sip on warm water between meals</li></ul>
<b>Nighttime Routine</b>	<ul style="list-style-type: none"><li>• Scrape Tongue - 7 to 10 scrapes (optional)</li><li>• Floss - 1 to 2 minutes</li><li>• Water Pick - 1 to 2 minutes</li><li>• Brush teeth - 2 minutes</li><li>• Oil pull (optional if already performed in AM) - 5 to 10 minutes</li></ul>