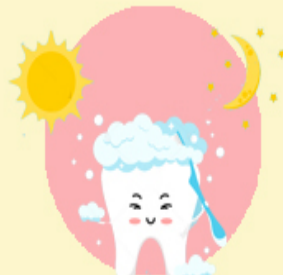# Tips To Prevent Gingivitis

Brush your teeth twice a day to prevent plaque buildup.

Use an anti-plaque toothpaste for a thorough cleanse.

Don't forget to clean your tongue as well thoroughly.

Floss your teeth once a day to remove food particles stuck between teeth.

Rinse your mouth with mouthwash to swish out any food residue.

Indulge in professional dental cleaning procedures periodically.

See your dentist at least once every six months.

Avoid smoking, as it is considered one of the main causes of gingivitis.

References:

1 Gum disease: Prevention; European Federation of Periodontology
2 Gum Disease Prevention; American Academy of Periodontology
3 Gingivitis; Icahn School of Medicine at Mount Sinai

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