



Caregiver Dental Hub

Practical Oral Care Guidance for Caregivers

How to Prevent Cavities and Tooth Decay

Small daily habits protect health and comfort.



KNOW THE BASICS

- ✓ Oral health affects eating, comfort, and overall health
- ✓ Most mouth problems are preventable
- ✓ The amount of time teeth are exposed to sugar matters most
- ✓ Limit frequency of snacking, sipping, and sugary drinks
- ✓ Fluoride is the best tool to prevent cavities – use it daily
- ✓ Dry mouth increases the risk of cavities. Help keep the mouth moist
- ✓ Stay informed about new oral care products and approaches



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