

What to Do If You Can't Make Your Next Cleaning

Following these tips can help you prevent cavities in-between visits.

From COVID to car trouble, there are a lot of reasons you may miss your next cleaning. Don't worry. The following tips can help to prevent cavities between visits.



Try not to stress

Believe it or not, stress can affect your dental health. It can cause you to grind your teeth and disrupt your normal brushing routine*.



Avoid sugary food and drinks

The acids they make can dissolve tooth surfaces and cause cavities. The longer your teeth are exposed to sugar, the softer they become*.



Call your dentist when something is wrong

Don't wait for a small problem to get bigger. If you have a dental emergency, call your dentist ASAP.



Rinse with a fluoride mouthwash after brushing and flossing

Fluoride mouthwash is more than a breath freshener. It helps strengthen teeth, prevent cavities and delivers fluoride in places brushing may miss.



Trust ACT®, the #1 Dentist and Hygienist Recommended Fluoride Mouthwash Brand†

- Produces up to 4x stronger teeth‡
- Prevents up to 70% of future cavities in adults**
- Formulated with the maximum concentration of fluoride available without a prescription (18 oz.)‡‡
- Has great-tasting flavors that adults and kids love



Use as directed.



Ask a dental professional how ACT® Anticavity Fluoride Mouthwash can help between dental visits. Learn more at FACTsAboutFluoride.com

SCAN FOR MORE INFO



*Curley B. (March 31, 2020.) How to Keep Your Teeth Healthy During the COVID-19 Outbreak. Healthline. <https://www.healthline.com/health-news/how-to-keep-your-teeth-healthy-if-your-dentist-office-is-closed>. Accessed October 28, 2020. †Among OTC mouth rinses. ‡Only applies to 0.05% fluoride formulas. **vs. brushing alone. Only applies to 0.05% fluoride formulas. ‡‡Excludes 33oz. Only applies to 0.05% fluoride formulas. ††Refers to Anticavity Mint, Anticavity Cinnamon, Anticavity Pineapple Punch and Anticavity Bubblegum Blowout.