

Establishing Self-Management Goals for Patients

Estableciendo Metas de Auto-Manejo para Pacientes



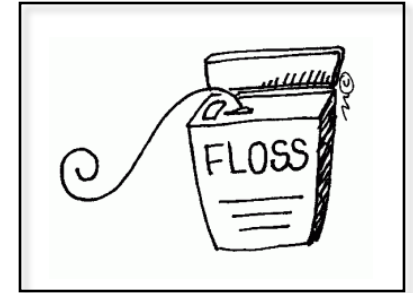
See physician regularly
Visite al doctor regularmente



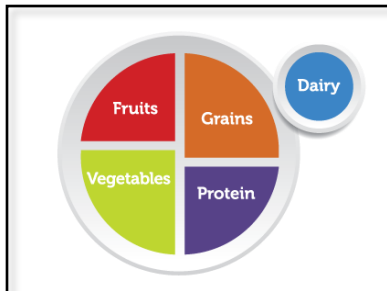
Regular dental visits
Visitas regulares al dentista



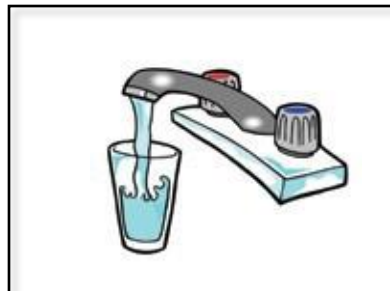
Brush twice a day w/ fluoride toothpaste
Cepille dos veces al día con pasta de flúor



Floss once a day
Use el hilo dental diariamente



Healthy Snacks
Bocadillos saludables



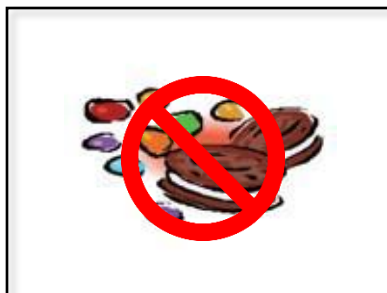
Drink tap water
Tome agua de la llave



Less or no Juice
Menos o no jugo



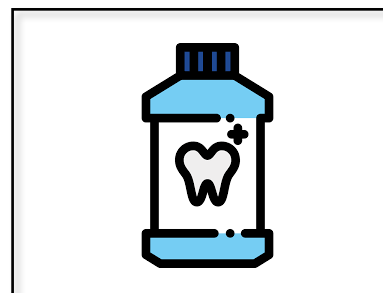
No soda
No soda o refrescos



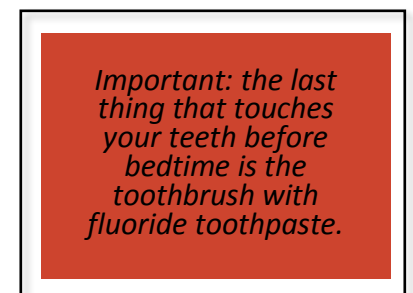
Less or no junk food & candy
Menos o no dulces



Use xylitol wipes or spray
Utilize toallas o spray de xylitol



Rinse with mouthwash at night
Use enjuague buccal en las noches



Important: the last thing that touches your teeth before bedtime is the toothbrush with fluoride toothpaste.