



## We're Celebrating Oral Health Month in April!



## How To Brush Like A Pro

Brushing daily? Great! But technique matters.

- Brush for 2 full minutes
- Use a soft-bristled toothbrush
- Angle at 45° toward the gumline
- Don't forget to brush your tongue
- Floss or water floss daily—yes, it's essential!

**Small changes = big impact on your oral health.**

## 5 Habits That Secretly Harm Your Teeth

Watch out for these smile saboteurs:

- Nail biting
- Teeth grinding (especially at night)
- Constant snacking
- Sipping sugary drinks all day
- Using teeth as tools

**Break these habits to protect your enamel, reduce wear, and keep your smile strong and healthy!**



## Oral Health Is Linked To Overall Health



## Office Hours

Monday	7:30 am - 5:00 pm
Tuesday	7:30 am - 5:00 pm
Wednesday	7:30 am - 5:00 pm
Thursday	7:30 am - 5:00 pm
Friday	By Appointment Only
Saturday	Closed
Sunday	Closed

**Our team is here to support your goals every step of the way!**

**Phone: (218) 463- 1070**

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