




Practice Good Oral Hygiene

Lifestyle Strategies For Positive Oral Health

Slow Deep Nasal Breathing

5 minutes can help you to:

-  Reduce Dental Anxiety
-  Promote Gum Health
-  Decrease Pain

Slow Deep Breathe

Try this as you wait. Pace your nasal breathing to BreathNote™ music for 5 minutes and start feeling relaxed.



Scan or Visit

BreathNote.com/proclinic-playlist

Passkey: 1BREATH23

Mouth Breathing

can dry your gums and change your natural bacteria



promoting gum disease & tooth decay

Mouth Breathing Adversely Affects



Breath Odor



Facial Development In Children



Sleep Disorders



Eat a Well Balanced Diet



Brush Twice Daily



Floss Teeth Daily



Avoid Smoking



Nose Breathe



Get Regular Check-Ups
