



Healthy Smile Habits

Simple daily habits for oral hygiene, appliance care, food and drink choices, sports protection, and regular dental care.



QUICK START

Use this guide for general customer education. Always follow the product-specific instructions included with your ISO Metrik Dental Labs appliance or impression kit.

Inside this guide

- 1. The Daily Foundation
- 2. Food, Drinks, and Your Smile
- 3. Protect Your Teeth and Appliances
- 4. Stay Connected to Dental Care
- Printable checklist

1. The Daily Foundation

The American Dental Association recommends a simple foundation for oral health: brush twice a day with fluoride toothpaste and clean between your teeth daily.

- Brush twice a day with fluoride toothpaste.
- Clean between teeth daily with floss or another interdental cleaner that works for you.
- Replace your toothbrush or brush head when worn and follow the product instructions.
- If you wear a removable dental appliance, keep both the appliance and your teeth clean before reinsertion.

**PERSONALIZE
YOUR ROUTINE**

Your needs can change with dental work, orthodontics, gum health, medications, age, and other factors. Your dentist can recommend a routine tailored to you.

2. Food, Drinks, and Your Smile

Frequent exposure to sugary and acidic foods and drinks can increase challenges for teeth. A balanced diet and thoughtful snacking pattern support oral health.

- Choose a varied, nutrient-rich diet and limit frequent added-sugar intake.
- Drink water regularly. Fluoridated water can help strengthen teeth against cavities where available.
- Limit frequent sipping or snacking on sugary or acidic items throughout the day.
- If you wear a clear removable appliance, follow the product instructions about eating and drinking while it is in place.

3. Protect Your Teeth and Appliances

- Wear an appropriate mouthguard for sports and recreational activities that put the mouth at risk.
- Do not wear a removable retainer during contact sports.
- Keep dental appliances clean, dry as directed, and stored in a protective case.
- Keep appliances away from high heat and pets.
- Do not reshape custom appliances at home.

FIT MATTERS

An appliance that is cracked, damaged, or no longer fits normally should be evaluated before continued use.

4. Stay Connected to Dental Care

- See your dentist regularly at the interval recommended for your individual needs.
- Tell your dentist about changes in sensitivity, gum bleeding, sores, tooth movement, or bite changes.
- Bring removable appliances to dental or orthodontic visits when asked so fit and condition can be reviewed.
- Seek prompt dental care for injuries, significant pain, swelling, infection concerns, or other urgent symptoms.

**GENERAL
EDUCATION
ONLY**

Online guidance can support good habits, but it cannot diagnose dental conditions or replace an examination by a licensed professional.

Healthy Smile Habit Tracker

Check each habit as you complete it today.

- ☐ Brush with fluoride toothpaste - morning.
- ☐ Clean between teeth today.
- ☐ Brush with fluoride toothpaste - evening.
- ☐ Clean my removable appliance as directed.
- ☐ Store my appliance safely in its case.
- ☐ Choose water and limit frequent sugary/acidic exposures.
- ☐ Note any dental change I should discuss with my dentist.

Important Notes

PLEASE NOTE

This guide is for general educational purposes and does not replace advice from a dentist, orthodontist, or other licensed healthcare professional. If an appliance causes pain, injury, swelling, bleeding, or a major change in your bite, stop using it and contact an appropriate dental professional.

Need help?

Visit the Help Center at isometrikdental.com/help-center/ or contact ISO Metrik Dental Labs at info@isometrikdental.com or (678) 632-3745.

Educational References

American Dental Association, MouthHealthy. "Official ADA Dental Health Recommendations." <https://www.mouthhealthy.org/oral-health-recommendations>

American Dental Association, MouthHealthy. "Diet and Dental Health." <https://www.mouthhealthy.org/all-topics-a-z/diet-and-dental-health/>

American Dental Association, MouthHealthy. "Mouthguards." <https://www.mouthhealthy.org/all-topics-a-z/mouthguards>