



Dental Tips During Ramadan:

- Brush immediately after Suhoor and iftar meals
- Don't forget to floss after Suhoor.
- Multiply the consumption of water during non-fasting hours.
- Cut back the amount of sugary soda, coffee, and tea as they cause dehydration.
- Increase your fruit and vegetable intake.
- Avoid sticky foods.
- Using "Miswak" during fasting hours helps to clean teeth, stimulate saliva that prevents dryness of mouth and bad breath.

To cancel or reschedule your appointment
call 16060

