



Play with Colours, Not with Your Smile!

Protect Your Oral Health This Holi



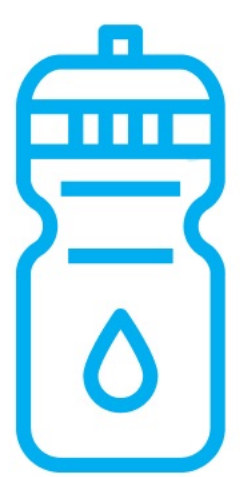
Apply thin Layer of Lip Balm to prevent color adhesion.



Mind Your Mouth to avoid direct color entry.



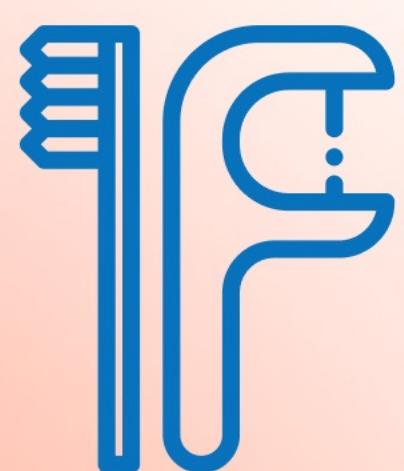
Rinse your mouth thoroughly after playing Holi to remove loose colour particles



Stay Hydrated throughout the day to wash away sugars/colors.



Gentle Brushing AFTER the celebrations are over. Don't scrub vigorously to remove stains, as this can damage enamel.



Floss between your teeth to remove any colour particles.



Check for Sensitivity/Stains: If you notice unusual sensitivity or stubborn stains post-Holi, give us a call!

Stay Colourful. Stay Smiling!