

Dear [Patient's Name],

Welcome to [Dental Practice Name]! We are delighted to have you as a new member of our dental family.

Oral Health Recommendations

- Brush your teeth at least twice a day with fluoride toothpaste.
- Floss daily to remove plaque and food particles from between your teeth.
- Visit us for regular check-ups and cleanings every six months.
- Limit sugary snacks and beverages to reduce the risk of cavities.
- Stay hydrated and drink plenty of water throughout the day.

Additional Tips

If you experience any unusual discomfort or changes in your oral health, please do not hesitate to contact our office.

We look forward to seeing you soon!

Sincerely,
[Your Name]
[Your Title]
[Dental Practice Name]