

Top tips for healthy teeth and a healthy mouth



To find a dentist call
03330 063 300



For emergency advice call
03330 063 300



Brushing your teeth



Brushing your teeth cleans away food and germs.



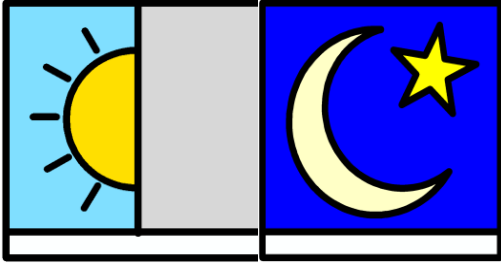
A **medium** toothbrush with a small head is best.



Electric toothbrushes are really good.



Brushing your teeth



Brush your teeth in the morning and at night.



You can ask your dentist for help.



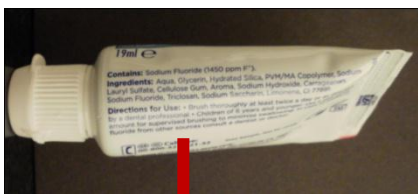
Toothpaste



Toothpaste helps to clean your teeth.



Toothpaste helps to stop your teeth going bad.



Fluoride

It is important to choose a toothpaste with a special ingredient called fluoride.



Toothpaste



Babies and toddlers only need to use a **tiny** amount of toothpaste.



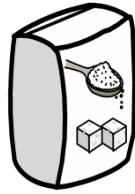
Children and adults need a **small** amount of toothpaste.



Remember to **spit out** the **toothpaste** when you finish brushing your teeth.



Don't **rinse** your mouth with **mouthwash** or **water** straight away.



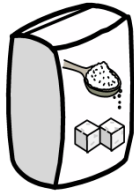
Sugar in Food



If you eat and drink lots of **sugary things** your teeth will go bad.



Don't snack on sugary food. Eat some **fruit** instead. There is sugar in fruit, but it does not hurt your teeth.

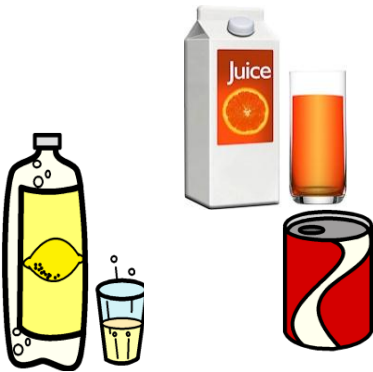


Sugar in Drinks



The best drinks between meals are **milk** or **water**.

You can choose tea or coffee without sugar.



Too much **fruit juice** or **fizzy drinks**, can make your teeth go bad.





False Teeth



After eating, fill the sink with water and rinse your false teeth in **cold water** to wash away any food.



To clean your false teeth, fill the sink with water. Use a **denture brush** and **denture paste**.
Rinse with cold water.



Don't use toothpaste to clean your dentures.



False Teeth

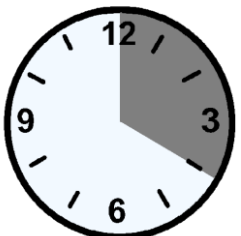
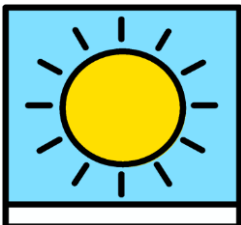


At night, soak your false teeth in a cleaner. Ask your dentist which one to use.



Fill the sink with water. Rinse your false teeth in **cold water**.

Then put your false teeth back in.



If you don't take your false teeth out at night, take them out for **4 hours** during the day.



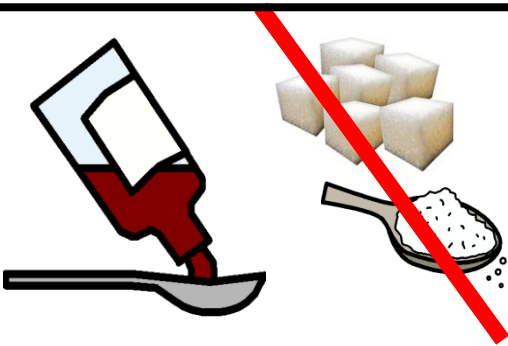
Things to remember!



Your **dentist** will tell you when you need a check up.



If your mouth is sore ask your dentist for **help**.



If you take medicine ask your doctor for medicines that **don't** have **sugar** in them.

Contact Information



www.torbayandsouthdevon.nhs.uk



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