

PATIENT INFORMATION

Top Tips for Healthy Teeth and a
Healthy Mouth

Top tips for healthy teeth
and a healthy mouth



To find a dentist call
03330 063 300



For emergency advice call
03330 063 300

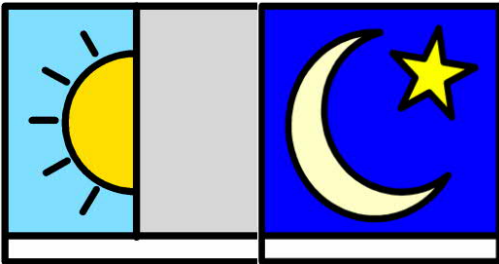


Working with you, for you

Brushing your teeth



Brushing your teeth



Brush your teeth in the morning and at night.



You can ask your dentist for help.



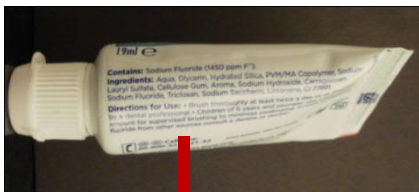
Toothpaste



Toothpaste helps to clean your teeth.



Toothpaste helps to stop your teeth going bad.

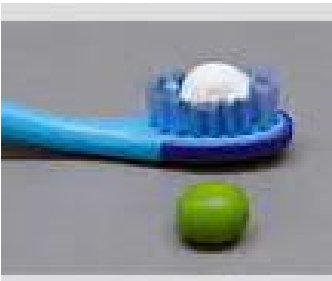


Fluoride

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



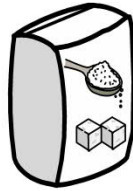
Toothpaste



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



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



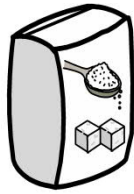
Sugar in Food



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.

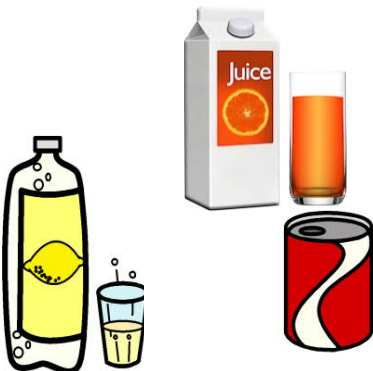


Sugar in Drinks



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.



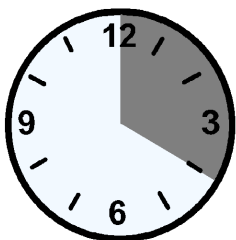
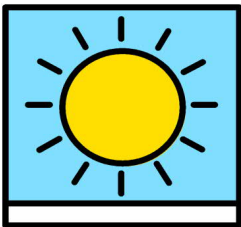
False Teeth



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.



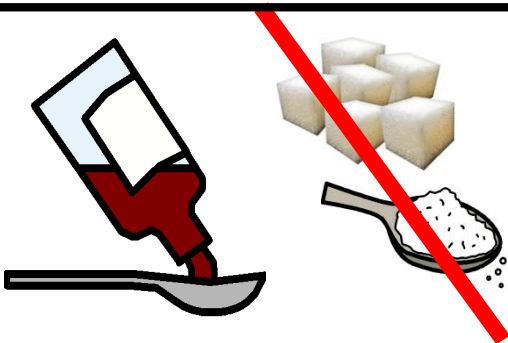
Things to remember!



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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