

TOP TIPS FOR HEALTHY TEETH

- **Brush your teeth twice a day with fluoride toothpaste. Once in the morning after breakfast and last thing at night before you go to bed.**
- **Use a toothbrush with soft to medium, multi-tufted, round-ended nylon bristles and a small to medium sized head.**
- **Use small circular movements to clean your teeth.**
- **Change your toothbrush regularly every two to three months or before if the bristles start to splay.**
- **Avoid eating sugary snacks in between meals.**
- **Only drink water or milk in between meals.**
- **Limit sweet food and fizzy drinks to meal times.**
- **Remember that even fresh fruit juice and fruit contain their own natural sugars and acid. Eating cheese after these foods will neutralise the acid environment in the mouth.**

REMEMBER TO VISIT THE DENTIST FOR REGULAR DENTAL EXAMINATIONS.

