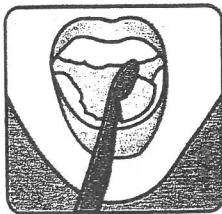


SMART BRUSHING

Brushing removes plaque and food particles from all the surfaces of your teeth



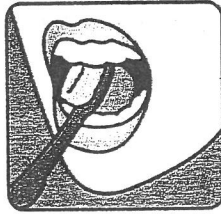
Place the head of your toothbrush against your teeth, then tilt the bristle tops to a 45 degree angle against the gumline. Move the brush in small circular movements, several times, on all the surfaces of every tooth.



Brush the outer surfaces of each tooth, upper and lower, keeping the bristles angled against the gumline.

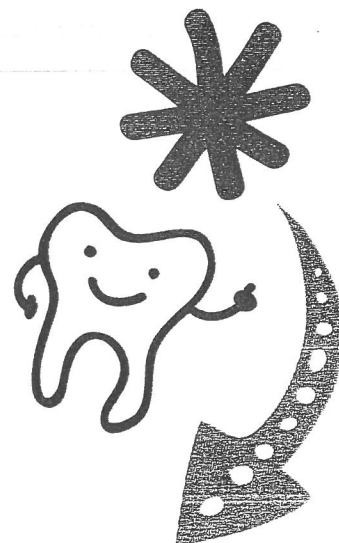
Use the same method on the inside surfaces of all your teeth.

Brush the biting surfaces of the teeth.



To clean the inside surfaces of the front teeth tilt the brush vertically and make several small circular strokes with the front part of the brush.

Brushing your tongue will help freshen your breath and will clean your mouth by removing bacteria.



You should use a tooth brush which has:

- a small head (no larger than 1.5cm in length)
- medium to soft filaments (bristles)
- long, thin neck to reach the back teeth
- comfortable handle so it is easy to hold

* FOOD AND DRINK

When we eat or drink anything, the sugars react with the plaque in our mouths and produce plaque acids.

These plaque acids lower the pH level in our mouth and our mouths become acidic, this is the time that the enamel on our teeth is under attack and at risk of dental decay.

This acid attack can last for up to 1 hour after eating or drinking.

After eating or drinking anything wait for one hour before brushing your teeth, this will allow the saliva to re-mineralise the enamel, if you brush too soon, you could brush any loosened particles of enamel away which could eventually lead to enamel erosion.

Drink water, eat cheese or chew sugarfree chewing gum after meals, this will help to reduce the time that the teeth are under attack.

Look for hidden sugars in foods and drinks some things we consider healthy such as fruit juices can contain as much sugar as a can of cola and be just as harmful.

The key figures for hidden sugars is under carbohydrates x gm Of which sugar x gm.

* SNACKING

Try not to have sugary food and drink. If you do, then keep to mealtimes and only have one snack a day.

It is not the amount of sugary foods and drinks that we eat and drink that causes the most damage, it is how often we have them.

Choose safer snacks, such as cheese, bread sticks, rice cakes, raw vegetables, nuts and seeds
Try to avoid dried fruit which can stick in the teeth and cause decay.

* THE DENTIST

Visit your dentist regularly, as often as they recommend.

It is important that you visit your dentist regularly as they can spot any potential problems whilst they are small and easily treated.

Losing teeth is not an inevitable part of ageing, and with a good oral hygiene routine, a good diet and regular dental check-ups, there is no reason why your teeth should not last a lifetime.

Dental decay is an entirely preventable disease.

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