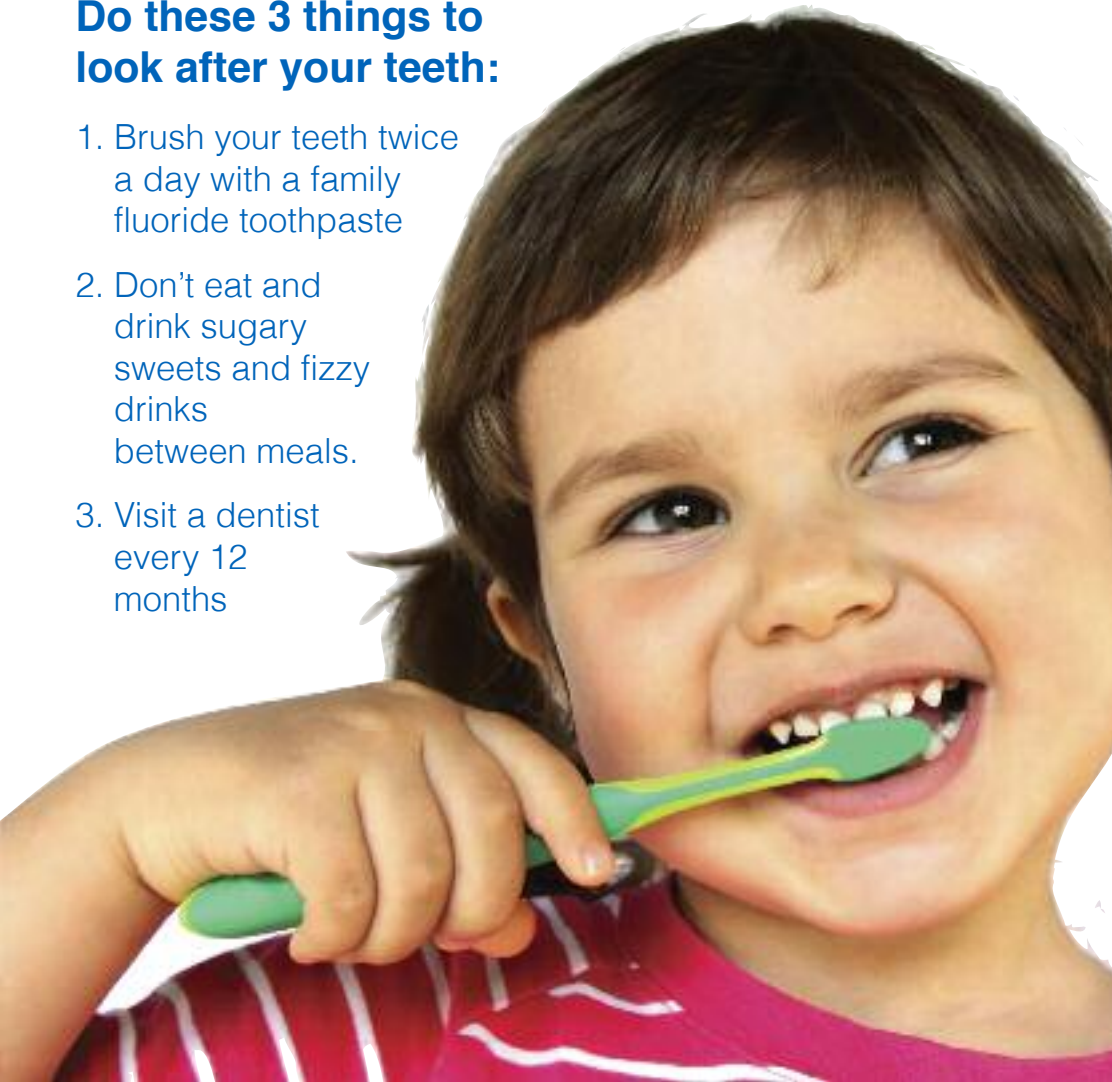


# LOOKING AFTER YOUR TEETH a family guide

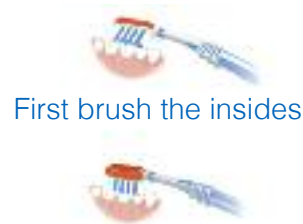
## Do these 3 things to look after your teeth:

1. Brush your teeth twice a day with a family fluoride toothpaste
2. Don't eat and drink sugary sweets and fizzy drinks between meals.
3. Visit a dentist every 12 months



## Prevent Gum Disease

1. Brush your teeth and gums for 2 minutes twice a day. A small soft tooth brush is best



First brush the insides



Then brush the outsides



Brush all the  
biting surfaces



Lastly, gently brush the tongue

## Prevent Tooth Decay

2. Sugar in fizzy drinks and sweets are bad for your teeth and cause decay
  - Eat sugary foods and drinks at mealtimes only
  - Choose healthy snacks and drinks between meals (fruit, bread milk water)



3. Brush your teeth twice a day. You only need a small amount of toothpaste.
  - After brushing spit the toothpaste out but don't wash it away with water. The fluoride needs to stay on your teeth to help protect them from decay.
  - Visit your dentist at least once a year.
  - An adult needs to help children brush their teeth.

## To Find an NHS Dentist

Call 111 (there is an interpreter service) and they will help you find a dentist.



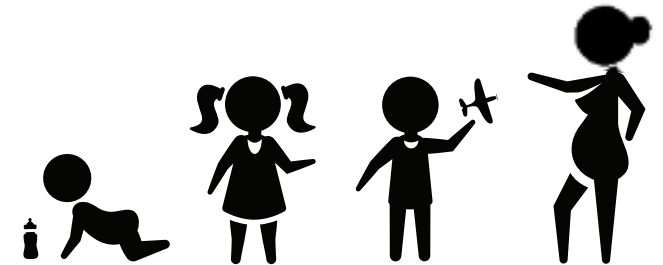
If you have a dental emergency (e.g. swollen face or toothache) call 111 and they will advise you.

REMEMBER ONCE YOU HAVE FOUND AN NHS DENTIST ALWAYS KEEP YOUR APPOINTMENTS OR YOU MAY HAVE TO FIND ANOTHER DENTIST

## Do I Have to Pay?



If you receive an income support benefit payment (e.g. tax credits, income based Job seekers allowance) you may be entitled to free dental care. Ask your dentist about this.



Dental care is free for: All children and young people in full time education, and women who are pregnant and for 12 months after the birth.

Produced by

