



Top tips for healthy teeth and gums

1. 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. Spend at least 2 minutes each time you brush.
2. Use a toothbrush with soft to medium, multi-tufted, round-ended nylon bristles and a small to medium sized head.
3. Use small circular movements to clean your teeth.
4. Change your toothbrush regularly every two to three months, or before if the bristles start to splay.
5. Electric toothbrushes are a great way to clean your teeth. Hold the brush like a flute and slowly move it along the teeth and gums. Most have a timer built in that beeps every 30 seconds so you can easily break the mouth into 4 sections to ensure thorough, even cleaning.
6. Avoid eating sugary snacks in between meals.
7. Only drink water or milk in between meals.
8. Limit sweet food and fizzy drinks to meal times.
9. 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.