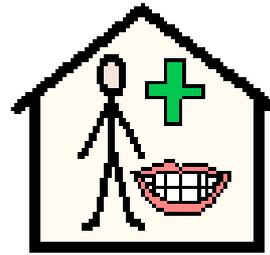


## Community Dental Service

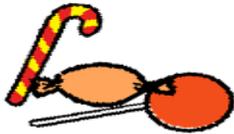


## How to look after your teeth

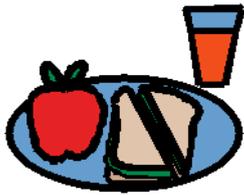


## Sugary foods

Sugary food and drinks can make holes in your teeth if you have them too often.

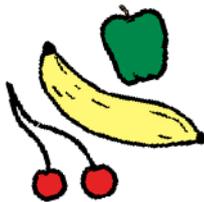


The best time to have sugary things is straight after a meal.



## Safer snacks for between meals

Fresh fruit, vegetables, bread, toast and cheese are safer snacks to have between meals.



Plain water or plain milk are the best drinks for teeth.

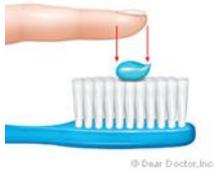


## Toothbrushing

Brush your teeth in the morning and again before you go to bed at night.



Only use a small amount of family fluoride toothpaste.



Brush your teeth and gums for about two to three minutes.



When you have finished brushing, just spit out and do not rinse your mouth with water or mouthwash.

The toothpaste left on your teeth will help to make them stronger.



## Useful ideas

Do not wet your toothbrush.



If you have difficulty holding your toothbrush a grip aid might help.



There are special toothbrushes that clean three sides of your teeth at once. Ask the dentist if one would help you.



Visit the dentist as often as they advise.



For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.