

Looking after your mouth

Oral Care

Taking care of your teeth and gums,

- Brush your teeth twice a day - brushing stops plaque building up which can cause gum disease and tooth decay. Try to make sure you clean every surface of all your teeth.
- Brush your teeth for 2 minutes at a time, once as part of your morning routine and again as part of your evening routine.
- Your dentist or hygienist may give you more advice based on your own dental health and needs. This could possibly include a medical grade toothpaste for many different reasons.
- Clean between your teeth. Floss or use an interdental brush every day to remove food, debris and plaque lodged between your teeth.
- Cut down on sugar.
- Smoking and alcohol are bad for your teeth, gums and overall health.

Dental Check ups

Have regular check-ups with your dentist. Do not put off going for a check-up. Detecting problems early can mean they're easier to treat.

If problems are not treated, they may lead to damage that's harder, or even impossible, to repair.

There are a wide range of dental treatments available. Some, such as fillings and root canal treatment, are readily available on the NHS.

Others, such as dental implants, are only available on the NHS in certain circumstances.

