

Oral Health Promotion Newsletter: Ealing

Tooth brushing Daily Smiles

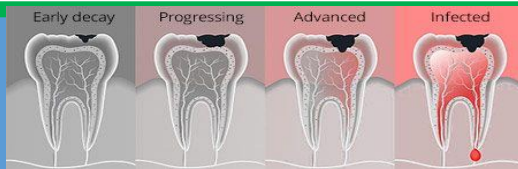
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Why do we need to brush our teeth?

We have a daily build-up of bacteria that grows in our mouth called PLAQUE.

Not brushing can lead to this

Inflamed gums (Gingivitis)



Tips on brushing your teeth

The five steps below show you how to brush your teeth correctly.

Aim the toothbrush at a 45 degree angle towards the gum line.

Use a gentle circular motion.

Repeat on the inside surfaces.

Use a light back and forth motion on the chewing surfaces.



Brush your teeth
for 2 minutes!

Remember

- Brush twice a day. Last thing before bed is the most important time.
- Use a smear of tooth paste containing 1,000 parts per million Fluoride* for under 3 years
- A pea size amount of tooth paste containing 1,350 – 1,500 parts per million Fluoride* for over 3 years
- Reduce the amount of sugary food and drink in diet and keep to mealtimes only
- Spit tooth paste out, but do not rinse**

For further advice on tooth brushing visit these helpful websites: NHS Choices:
<https://www.nhs.uk/live-well/healthy-body/how-to-keep-your-teeth-clean/> Oral Health Foundation:
www.dentalhealth.org

*Parts per million Fluoride information can be found on the back of the packet of tooth paste.

During the Covid 19 Pandemic if you need emergency dental treatment please either contact your local Dentist or NHS 111