



# THE DENTIST IS COMING TO SCHOOL!



More information to follow next week.

In the meantime here are ten top tips to look after your teeth!

1. **Brush at least twice a day.** Best time to brush is after meals. Brushes with soft bristles and small heads are best.
2. **Use Fluoridated toothpaste.** Fluoride helps to harden tooth enamel and reduce your risk of decay
3. **Brush thoroughly.** Brush for at least two minutes - which is how long it takes to sing 'happy birthday'. Look in the mirror at your teeth if something doesn't look right see the dentist.
4. **Floss your teeth daily.** Use a slow and sawing motion. Gently slid the floss to the base of the tooth below the gum.
5. **Limit acidic drinks – soft drink, fruit juice, sports drinks and cordial.** The acid breaks down the tooth enamel causing holes and in severe cases eating away the tooth.
6. **Limit sugary foods.** Bacteria that lives in dental plaque change sugars into acids.
7. **Children up to the age of 8 years old need a parent to assist or supervise their teeth cleaning.** Parents should be regularly checking children's teeth cleaning technique and inspecting their teeth up to this age.
8. **Try to save a knocked out tooth.** If possible hold the tooth back in while you seek immediate dental advice. If this not possible wrap the tooth in plastic or place in milk and seek dental advice immediately.
9. **Avoid using your teeth for anything other than chewing food.** Teeth will chip or break off if used against hard surfaces.
10. **See your dentist for regular check-ups.** You should visit a dentist ideally 12 monthly and at the least every two years. This also applies to people who don't have to chew their food or may have a PEG.

Teeth

