

Oral Hygiene Advice



ASK YOURSELF?

- How often do you brush your teeth?
- What toothpaste do you use?
- What other dental aids do you use to clean your teeth (floss/interdental brushes?)

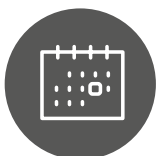
Poor oral hygiene can lead to:

- Bleeding gums (gum disease)
- Toothache
- Caries (dental decay)
- Tooth loss



ADVICE

- Brushing twice daily is important to maintain good oral hygiene and removing bacterial plaque
- Brush all surfaces of the teeth and where the teeth meet the gums in small circular motions
- Use a toothpaste with at least 1450ppm of fluoride for children aged 3+ and adults
- Use a smear amount of toothpaste for children up to the age of 3 and pea sized amount of 3+
- Use interdental aids, such as interdental brushes and floss to clean daily in-between teeth
- Use mouthwashes as advised by a dental professional
- It is important to brush the tongue
- Dentures should be cleaned daily and ideally not worn overnight



FOLLOW UP

- Visit a dentist regularly to check the teeth and the health of the mouth. The dentist will advise on follow up dental visits.



ALERT

- Seek help from dental professional if unsure



SELF CARE

- Over the counter fluoridated toothpaste 1350-1500ppm Ages 3-6+
- Prescribed toothpaste
- 5000ppm sodium fluoride Age 16+/high caries risk
- 2800ppm sodium fluoride Age 10+/high caries risk
- Over the counter fluoridated mouthwashes
- Prescribed mouthwashes
- 0.2% sodium fluoride mouth rinse Age 8+

REFERENCE

- Department of health delivering better oral health toolkit www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention
- NICE oral health promotion in general dental practice www.nice.org.uk/guidance/ng30
- SDCEP Guidance prevention and management of dental decay in children www.scottishdental.org/sdcep-prevention-and-management-of-dental-caries-in-children-2nd-ed/