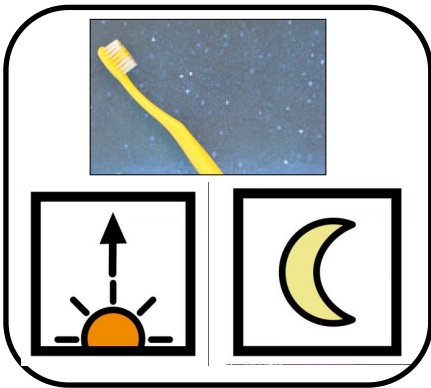


# Keeping your teeth healthy



It is important to brush your teeth at least **2 times** a day to keep your teeth and gums healthy.



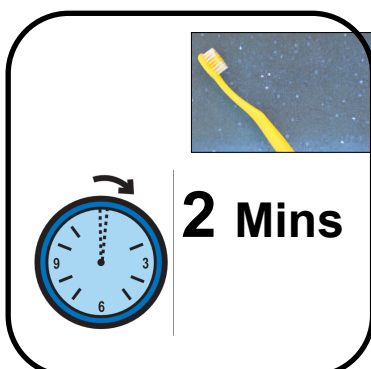
Brush your teeth in the **morning** and **at night** before you go to bed.



## Use:

- Fluoride **toothpaste**
- Dental **floss**
- And **Interdental brushes** (which clean in between your teeth)

To keep your teeth and gums healthy.



Brush for at least **2 minutes**.

Your dentist can show you how to brush your teeth properly.



An **electric toothbrush** can make brushing easier.



There are lots of **different toothbrushes**.

Your dentist can help you choose the right one to use.



**Different handles** can make brushing your teeth easier.



Visit your dentist **every 6 months** or as often as they say.

If you **do not** have a dentist you can find one by visiting [www.nhs.uk](http://www.nhs.uk) or calling 111. The **Learning Disability team** can also help you. South Team 01865 903100, City Team 01865 904555, North Team 01865 903500.

Oxfordshire Community Dental Service  
Oxford Health NHS Foundation Trust, Astral House, Granville Way, Bicester, OX26 4JT  
Email: [Oral.Health@oxfordhealth.nhs.uk](mailto:Oral.Health@oxfordhealth.nhs.uk)  
Oral Health Improvement team: 01865 904040 Website: [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)  
Health and social care professionals may order this and other resources from [hpu.oxfordhealth.nhs.uk](http://hpu.oxfordhealth.nhs.uk)