



Oxfordshire Community Dental Service

Top tips for terrific teeth

Top tips

- ✓ Brush teeth twice a day for two minutes using the right fluoride toothpaste.
- ✓ Brush last thing at night just before bed and at one other time of the day.
- ✓ Brush all surfaces of your teeth.
- ✓ Spit out the toothpaste and avoid rinsing with water so that some fluoride from the paste is left on your teeth and will make them stronger.
- ✓ Cut down on how often you have sugary foods and drinks.
- ✓ Choose snacks and drinks which are kinder to teeth such as:
 - cheese
 - crackers or breadsticks
 - fresh fruit and vegetables
 - water
 - milk
- ✓ If you have any concerns about your teeth see your dentist.
- ✓ Visit the dentist regularly. Every six months or as often as recommended. To find your local dentist call **0300 311 22 33** or visit www.nhs.uk
- ✗ Do not put a child to bed with milk or juice as this can lead to serious tooth decay. Choose water.



Choosing the right toothbrush

Use a toothbrush with medium bristles and a small head.
Get a new toothbrush every three months.

Using the right amount of toothpaste

Children aged 0 to 3 should use a smear of toothpaste



Children aged 3 to 6 should use a pea sized amount



Adults should also use a pea sized amount of toothpaste

How much fluoride?

- **Children aged 0 to 3** should use toothpaste containing no less than 1000ppm of fluoride.
- **Children aged 3 to 6** should use toothpaste containing more than 1000ppm of fluoride.
- **Children aged 6** and over and **adults** should use family fluoride paste containing 1350-1500ppm of fluoride.

Tips for encouraging children to brush

- ◇ Children need help with brushing until they are at least seven years old.
- ◇ Get a fun toothbrush that your child looks forward to using.
- ◇ Try a reward system such as a toothbrushing chart.
- ◇ Be a good role model—show your child that you brush your teeth.
- ◇ Use an app, sing or play music to make the two minutes fly by.

Mouthwash

Use mouthwash at a different time of day to brushing, unless advised otherwise by your dentist.

Oral health improvement

Please contact us if you would like the information in another language or different format.

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

Oxfordshire Community Dental Service
Oxford Health NHS Foundation Trust
Astral House
Granville Way
Bicester
Oxfordshire
OX26 4JT

Switchboard 01865 904040
Email Oral.Health@oxfordhealth.nhs.uk
Website www.oxfordhealth.nhs.uk

For more information or to download leaflets please go to the website above.

OH 047.19