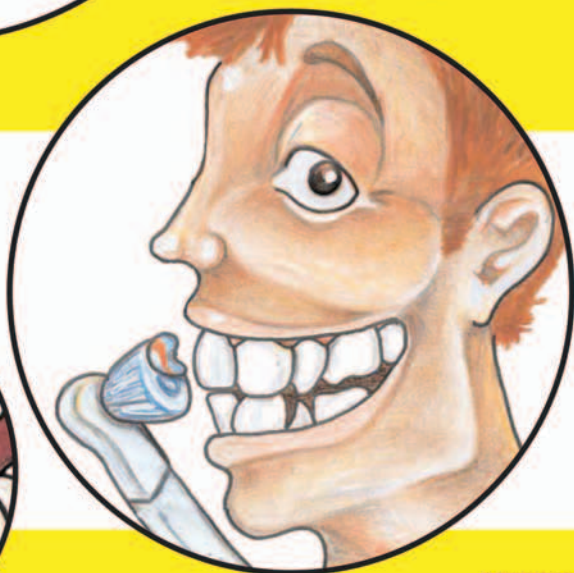
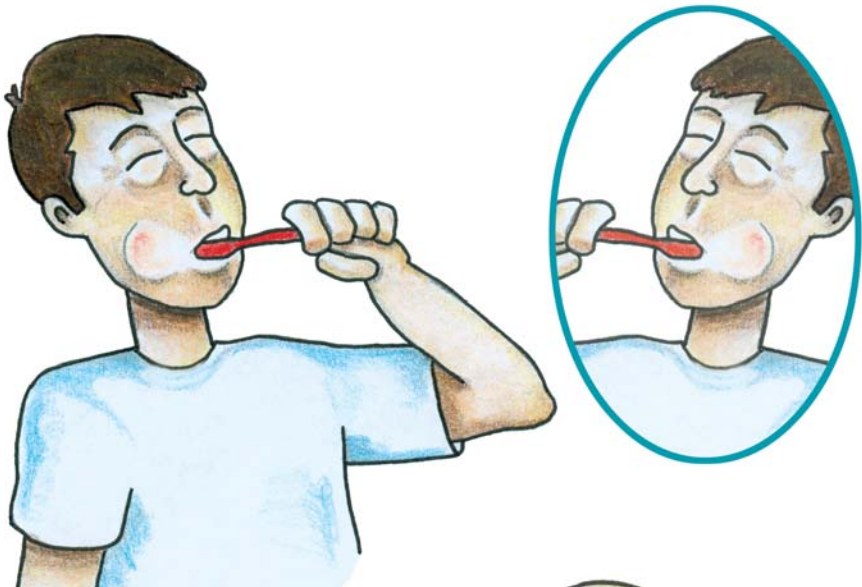


A Healthy Mouth

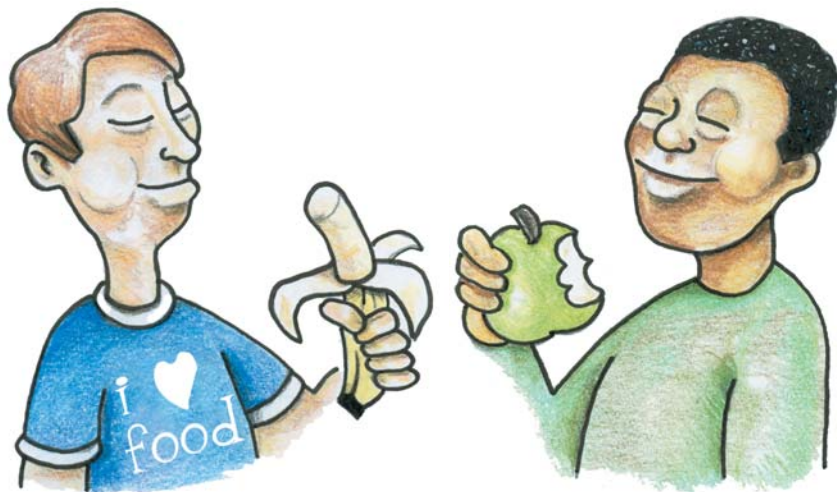


How to keep your teeth and gums healthy for life



Why do you need a healthy mouth?

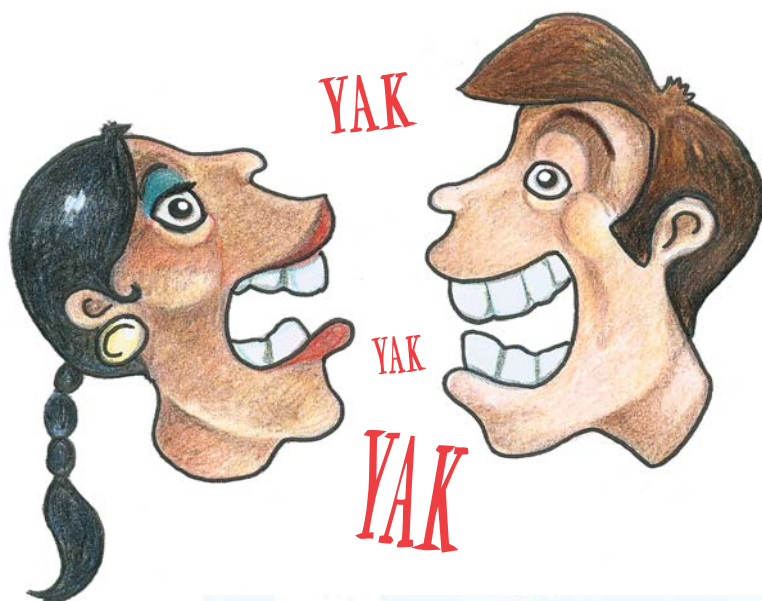
To chew



and eat



Why do you need a healthy mouth?



To talk

To look good



Does this mouth look good?



No this mouth has not been looked after.

It is unhealthy



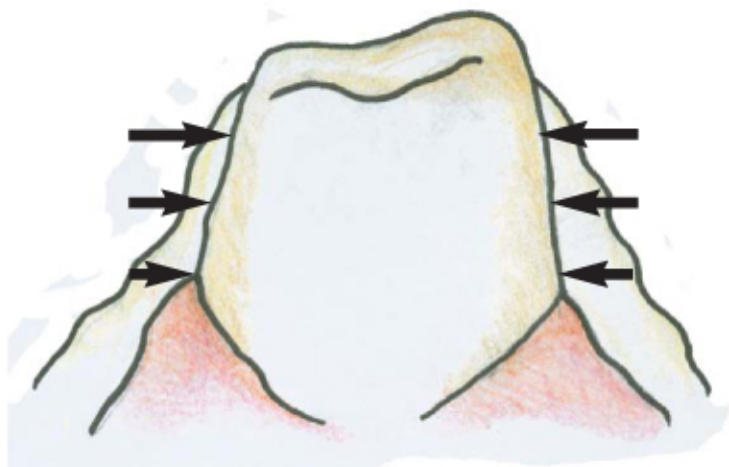
An unhealthy mouth can give you toothache, bad breath, problems eating and sore and swollen gums that may bleed.

What happens if you don't clean your teeth and gums?



Dirty creamy white stuff called plaque sticks to them. Plaque grows. You can see it in this picture

plaque = germs (food stuff)

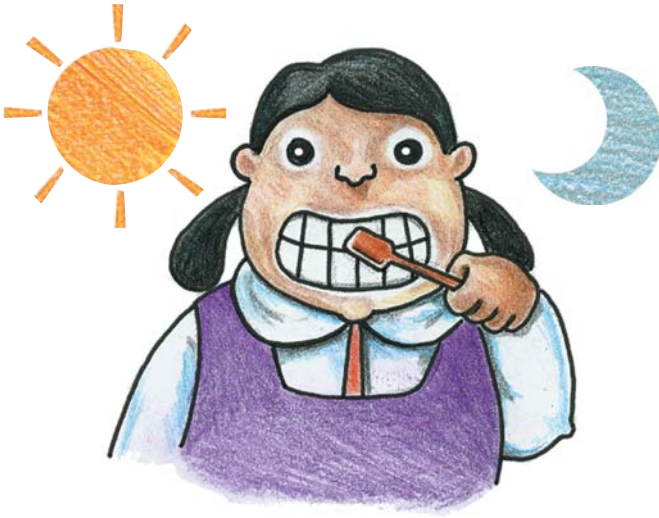


The plaque must be cleaned off to keep your mouth healthy

How to brush your teeth

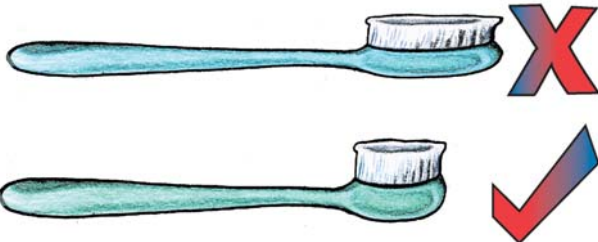
1

Brush in the morning after breakfast and last thing at night before bed. Avoid eating and drinking after this



2

Choose a toothbrush with a small to medium head that will reach all areas of your mouth. Your tooth brush should be changed every 3 months.



3

Always use a fluoride toothpaste.

Adults should use a pea sized amount.

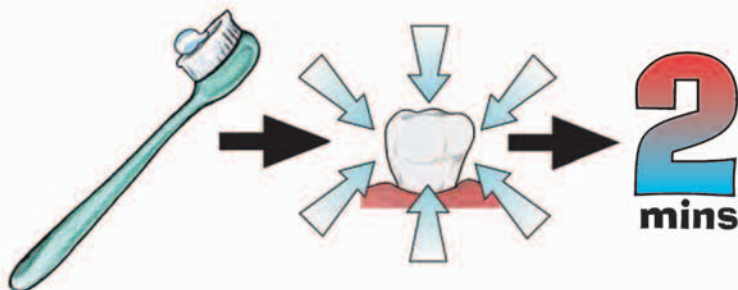


Small children only need a smear of paste.



4

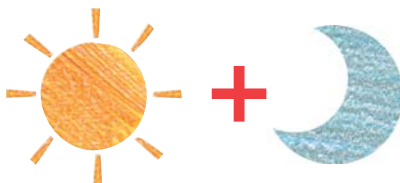
Brush well. Start one side of the mouth around to the other. Make sure no teeth are missed. Brush for 2 minutes.



How to use an electric toothbrush

1

Brush in the morning after breakfast and at night before bed.



All you need is a pea sized amount of tooth paste.



Small children only need a smear.

2

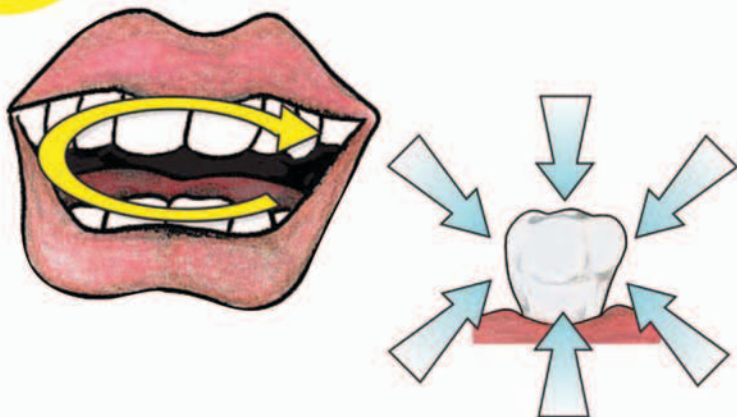
Place the tooth brush against your gum.

Switch on and gently start to roll the brush head around the teeth.



3

Start brushing from one side of the mouth and work your way around.

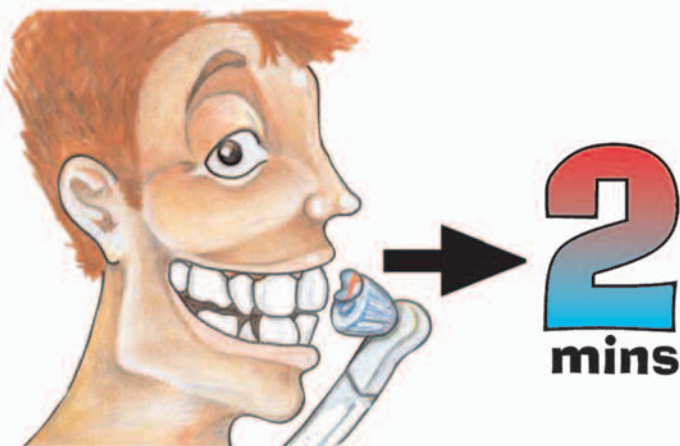


Remember to clean all tooth and gum areas.

4

Don't hurry, brushing should take 2 minutes.

Check if your brush has a timer.



Smoking is bad for your mouth too



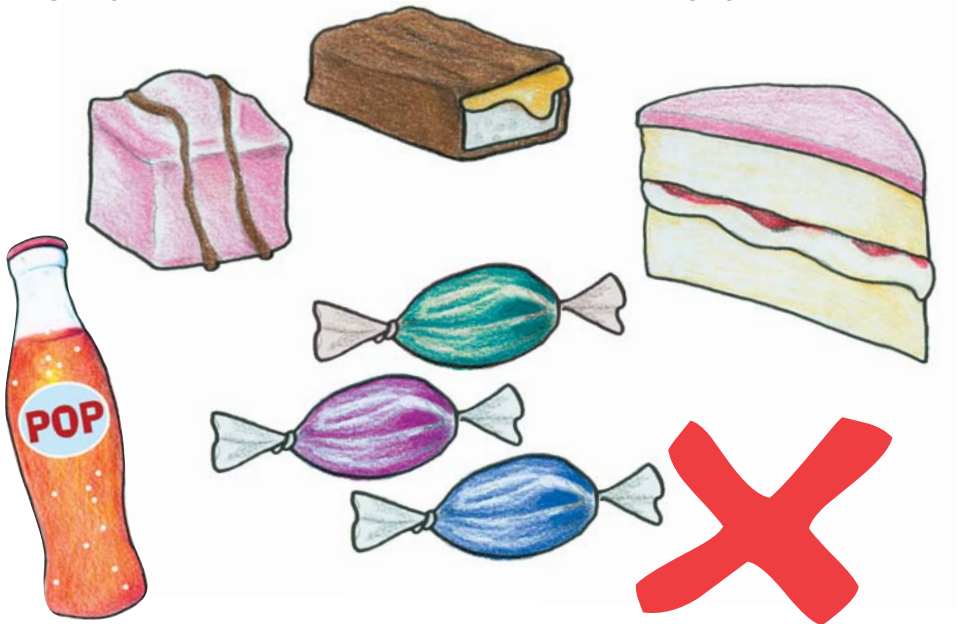
FACT....

It will cause disease and give you bad breath

What you eat and drink also helps to keep your mouth healthy

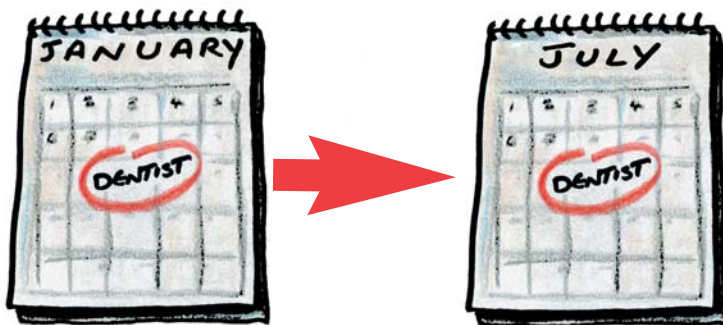


Sugary foods and drinks can decay your teeth.

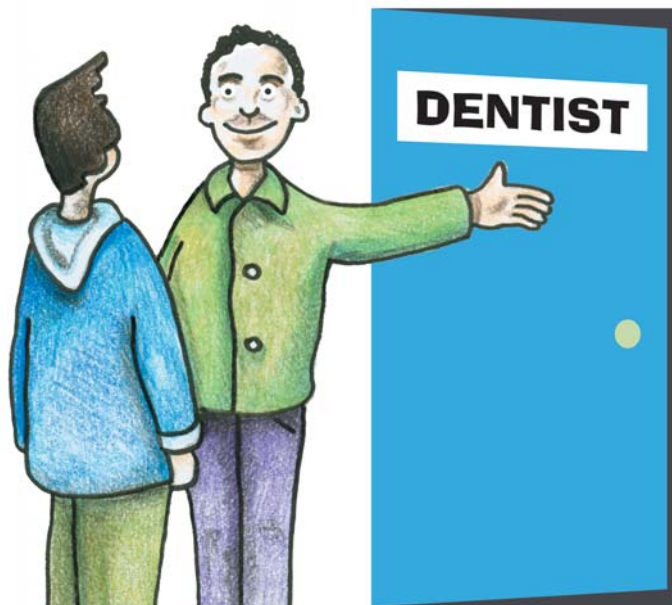


Avoid sugary snacks in between meals.

Visit the dentist regularly

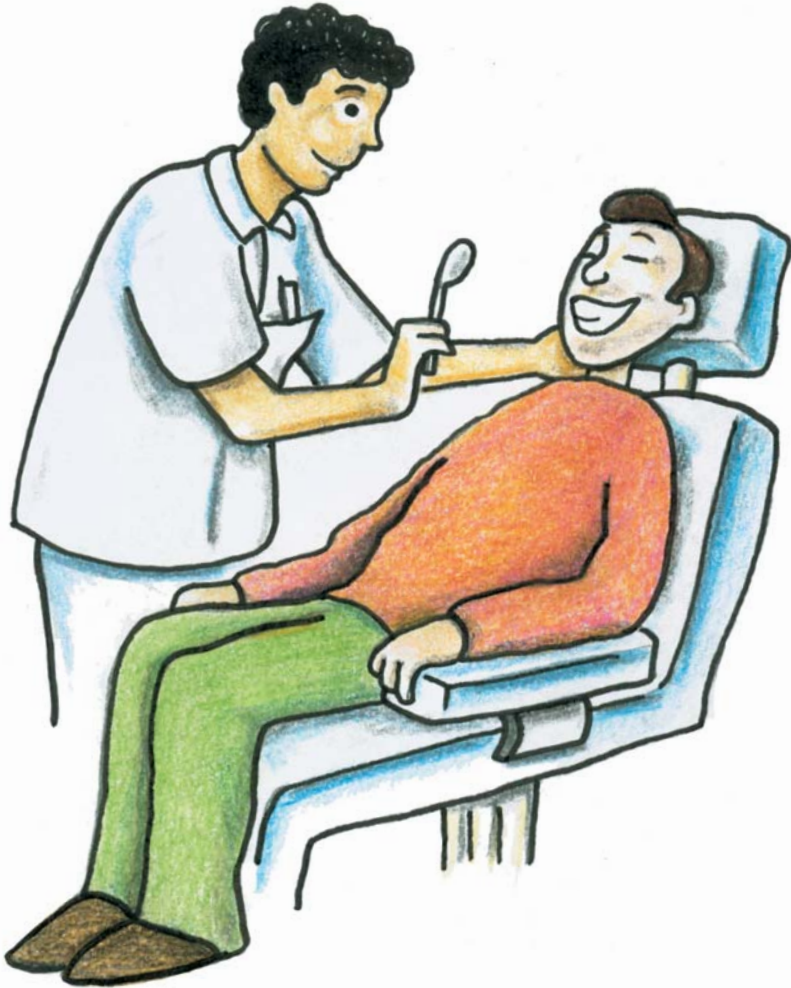


You should visit the dentist regularly
or at least once a year



You can get help to go to the dentist from your
family, friends, support workers or community
nurses and by using your health record.

**Don't worry
about going to the dentist.**



**Some people are scared. Tell somebody what
makes you scared or worried and talk it over.**

For further information please contact:

Oral Health Promotion

1st Floor

Byron Court

Brookfield Road

Arnold

Nottingham

NG5 7ER

Telephone: 0115 993 1485



