

ORAL HEALTH MATTERS



KEEP YOUR SMILE HEALTHY FOR LIFE

A clean, healthy mouth doesn't just protect your teeth; it helps you feel confident, comfortable, and pain-free every day.

Here's how you can make a real difference:



- 1. Brush your teeth last thing before bed and once more during the day using a fluoride toothpaste. After brushing, spit, no need to rinse. This keeps the fluoride working longer.*



2. Toothbrushes can't reach everywhere. Cleaning between your teeth removes plaque that causes gum problems and holes. Try floss or interdental brushes to keep those hard-to-reach areas clean.

3. Keep fizzy and acidic drinks to mealtimes rather than sipping throughout the day. In addition, a balanced diet is important, but try to limit fruits to mealtimes. This gives your teeth a chance to recover and reduces damage.

4. Swap to plain water or unflavoured sparkling water between meals. It refreshes you without harming your teeth.

5. Go for sugar-free tea or coffee. This is a safer everyday choice.

Further tailored advice is recommended from an oral healthcare professional.

Start today, your future self will thank you.

For more information

<https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention>

• To register with a Dentist in Wales visit:

<https://www.gov.wales/finding-nhs-dentist-wales-easier-new-digital-portal>

