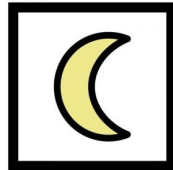
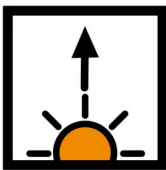
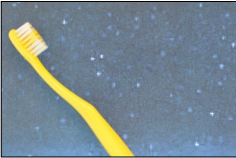


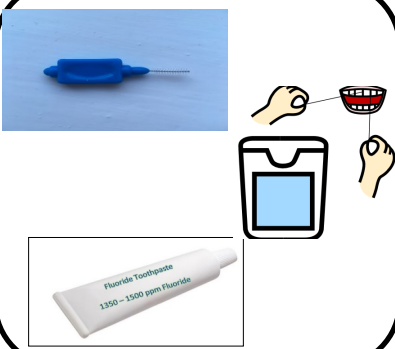
Keeping your teeth healthy



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



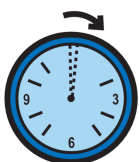
Brush your teeth in the **morning and at night** before you go to bed.



Use:

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

To keep your teeth and gums healthy.



2 Mins

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 tooth-brushes**.

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 or calling 111

Email: Oral.Health@oxfordhealth.nhs.uk

Oral Health Improvement team: 01865 904076 Website: www.oxfordhealth.nhs.uk

Health and social care professionals may order this and other resources from hpu.oxfordhealth.nhs.uk