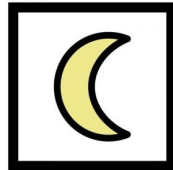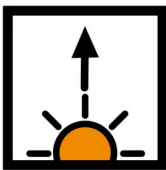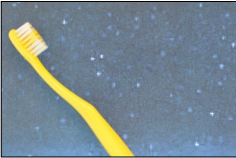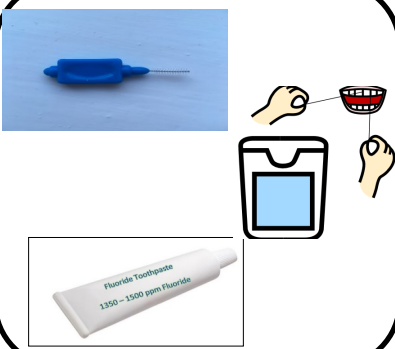# Keeping your teeth healthy

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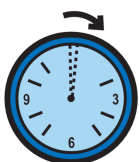

Brush your teeth in the **morning and at night** before you go to bed.

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 toothbush** 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 brush-ing 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