

Tooth brushing factsheet

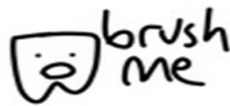


Always remember to:

- ⇒ Use a fluoride toothpaste
- ⇒ Brush twice a day
- ⇒ Brush for 2 mins
- ⇒ Clean well
- ⇒ Spit & don't rinse



What happens if I don't look after my teeth?



Answer: If you don't brush your teeth properly twice a day the risk of tooth decay is higher. Tooth decay can hurt and make your teeth look black or brown.

Answer: Your gums may bleed because you are not brushing your teeth and gums well enough. Plaque causes your gums to be red and swollen, which makes them bleed, especially when brushing.

If you keep brushing twice every day gently where your teeth meet your gums they will be healthy again.

Answer: How often you should go to the dentist depends on how healthy your teeth are. If you have healthy teeth you may only need a check-up every 12 months but if you have had holes in your teeth you may need to go back every 3 or 6 months.

Why is there blood when I brush?

How often should I go to the dentist?

