

Looking after your teeth

Information for adults

Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

This leaflet aims to provide basic information on how to take care of your teeth and gums.

Tooth decay occurs when bacteria in the mouth break down sugar to cause an acid attack, which then dissolves the teeth.

sugar + bacteria (plaque) = acid

acid + enamel + number of acid attacks = decay

Evidence shows that, the more often you have sugar in your mouth, the more likely you are to get tooth decay.

Brushing your teeth with a fluoride toothpaste can protect your teeth.

You should be using a family toothpaste which contains at least 1350ppm of fluoride. This will be marked on the tube.

For people at higher risk of tooth decay, a high dose fluoride toothpaste or mouthrinse may be prescribed by your dentist if appropriate.

Your dentist may also apply fluoride varnish to your teeth.

Choose a toothbrush with a head no bigger than a pound coin, or choose an electric brush.

Do not wet the toothbrush before cleaning.



***night and one other
time with a fluoride***

You should spit out and not rinse after brushing.

