

How to keep clean, healthy teeth

- Brush your teeth twice a day, three times if you have a fixed brace.
- Spend 2-3 minutes brushing, 3-5 minutes if you have a fixed brace.
- Use a timer or listen to music to make sure you are spending the right amount of time.
- Hold your toothbrush at an angle so it touches your teeth and gums, brush in big circles, starting one side first and working your way round to the other side, top and bottom. Using this technique will mean that all teeth and gums will get brushed and no areas will be missed.
- Remember to clean behind the teeth as well as the front.
- Bleeding gums is a sign of poor tooth brushing.
- If your gums are bleeding it means you have missed brushing in that area, you need to spend more time brushing in that area.
- Once the gums are back to being nice and healthy the bleeding will stop.
- Use an inter-space toothbrush to get to all the smaller areas, and around the brackets, under the wire if you have a fixed brace.
- Plaque is tooth coloured so use disclosing tablets to make it visible.
- Use disclosing tablets on a regular basis after tooth brushing so you are able to see any plaque that you may have missed. Remember - it is a dye so make sure you use Vaseline on your lips and around your mouth to stop your skin dying.
- Use a fluoride mouthwash in the evening after tooth brushing, this will not stop tooth decay but will help prevent it.
- Make sure the mouthwash contains fluoride and is alcohol free
- Cut down on all sugary drinks and snacks -having too much sugar is bad for your teeth.
- Change your toothbrush every three months.
- Make sure you still visit your general dentist every 6months

