

HERITAGE DENTAL GROUP-ORAL HEALTH BASICS

BRUSH TWICE A DAY!

Brush your teeth at least twice a day for 2 minutes after breakfast and before going to sleep

Use a soft bristled toothbrush with a small head

Don't press too hard— too much pressure can damage gums and tooth enamel

Replace your toothbrush every 3 months

Choose a toothpaste with fluoride



USE FLOSS ATLEAST ONCE A DAY!

Floss at least once a day

Make flossing part of your oral hygiene regime

Ask your dentist to demonstrate the correct way of flossing

Children should start flossing as soon as they have two teeth that touch

EAT A HEALTHY DIET AND AVOID SUGARS IN FOODS AND DRINKS !

Choose teeth friendly foods such as cheese, nuts and vegetables

Limit sugar intake, Avoid snacking and grazing

Read labels on food to find out about hidden sugars

Fluoridated tap water is best, avoid sugary acidic drinks



HAVE A REGULAR DENTAL CHECK-UP!

Please visit the dentist regularly at least once a year!

PH 38783384 web: www.heritagedentalgroup.com.au