## CDS's Top Tips

- Brush twice a day for two minutes, last thing before bed and at one other time in the day.
- Use a toothpaste with the recommended amount of fluoride. **Spit don't rinse!** (See brushing section for recommendations).
- Use a pea-sized amount of toothpaste.
- Replace your toothbrush every 3 months or when the bristles have splayed or following any infectious illness.
- If you use a mouthwash, use this at a different time to brushing.
- Avoid sugary foods or drinks between meals.
- Be sure to attend your dentist regularly.
- Tobacco and alcohol have associated risks with oral cancer. Avoid where possible. Do not exceed an adult's recommendation of 14 units of alcohol per week.

Improving Oral Health in Evermore Communities

## Contact us

If you would like to speak to someone about any aspect of our dental service please contact:
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Nottingham City Oral Health Improvement Team

Community Dental Services

# How To Take Care Of Your Teeth

## Adults

Providing NHS Dentistry

NHS

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## Tooth decay

Decay happens when sugar reacts with the bacteria in plaque (the sticky coating on your teeth). Every time you eat or drink anything sugary, your teeth are under an 'acid attack' for up to one hour. If this happens many times in a day, the tooth enamel may break down, forming a hole (cavity) in the tooth. Tooth decay can lead to requiring dental treatment such as fillings and or tooth removal.

## Brushing

- Brush your teeth twice a day. Use a medium bristled toothbrush
- Use a toothpaste containing at least 1350ppm fluoride. Following brushing, **spit don't rinse!**
- Mouthwash is not needed unless prescribed by your dentist. However, if you choose to use mouthwash, use this at a different time of the day to brushing.
- Cleaning inbetween the teeth once a day, using floss or interdental brushes, will help prevent gum disease and tooth decay.

## Dental visits

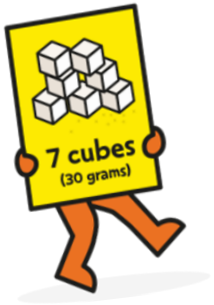
Visit your dentist regularly, In the event of a dental emergency call your dentist or 111. You can find a dentist on the NHS website. Scan the QR code.

SCAN ME

## Diet

Sugar

All sugars can cause decay. Sugar can come in many forms. Many processed foods have sugar in them, the higher up this appears on the ingredients list, the more sugar there is in the product. Ensure to read labels.
The recommendation for an adult is no more than 30 grams (7 cubes) of sugar per day.




Tooth wear

Regular consumption of acidic foods and drinks, such as, citrus fruits, squash, alcohol and fizzy drinks, can cause tooth wear. The acid wears away the enamel, (soft outer layer of the tooth), exposing the dentine (layer under enamel). This is irreversible and can make teeth very sensitive to hot and or cold.

## Frequency of 'acid attacks'

It is recommended we have no more than 4 'acid attacks' in one day. Aim to keep any acidic or sugary food or drinks to meal times only and have sugar free foods and drinks between your meals.

## Examples of tooth friendly snack / drinks

- Fresh whole fruit and vegetables
- Plain popcorn
- Plain rice cakes and bread sticks
- Natural yogurt
- Cheese
- Hummus
- Plain milk during the day
- Water

## Examples of non-friendly snacks / drinks

- Sweets and chocolate
- Cooked, dried or blended fruit
- Flavoured yogurts
- Chew bars/ breakfast bars/ biscuits
- Fruit juice/ squash/ flavoured water
- Fizzy drinks

## Medications

Please consult your dentist or GP to discuss how these may impact your oral health.

## Tobacco and Alcohol

Tobacco and alcohol have associated risks with oral cancer. Avoid where possible. For more information on quitting smoking or reducing alcohol consumption, consult your GP.