



EASY AS

- Brush every day, with fluoride toothpaste, twice a day, especially before bed.
- Floss daily.
- Limit sugary foods and drinks.
- Drink only water or milk between meals.
- Wear a mouth guard for all contact sports.
- Don't smoke.

Phone

Address

Dentist



www.healthysmiles.org.nz

www.letstalkteeth.co.nz

For more information, go to:

KEEP YOUR SMILE LOOKING GOOD... EASY AS

IT'S EASY AND IT'S IN YOUR CONTROL

A few minutes brushing your teeth with fluoride toothpaste each day, and regular check-ups, can keep you smiling, talking, eating, looking good and feeling confident.



IT'S NOT ROCKET SCIENCE

- Plaque builds up on teeth every day.
- Plaque leads to tooth decay and gum disease.
- If you remove plaque you can prevent decay and gum disease.
- Brushing and flossing removes plaque.
- Fluoride toothpaste helps repair teeth against decay.
- Regular dental checks find problems early when they are easier and cheaper to fix.

WHAT IF...

You stay over without a toothbrush?

Rinse your mouth with water, or dissolve salt in water to rinse. Rub toothpaste around your teeth with your finger.

You have toothache?

Make an urgent appointment with your dentist – take painkillers in the meantime.

You chip a tooth?

Go to the dentist soon to stop infection and repair the tooth.

You knock a tooth out?

Keep the tooth. Put it in milk. Get to a dentist quickly.