

Happy Smiles Club

John G Plummer & Associates Dental Surgeons

Top tips to ensure your smile lasts a lifetime...

Brush teeth **twice** a day with a pea size amount of fluoride toothpaste, before breakfast and before bed for **2 minutes**.

The correct amount of fluoride to use if you are over 3 years old including adults is **1450ppm fluoride**. If your child is under 3 use no more than **1000ppm fluoride**. Check the back of your tube of toothpaste to see if you are using the correct amount.



Under 3 years old:
An amount equivalent to the size of a grain of rice



Over 3 years old including adults:
An amount equivalent to the size of a pea

Do not rinse after brushing, not even with a mouthwash. Rinsing after brushing washes away all the fluoride and protection in toothpaste. If you would like to use a mouthwash or your dentist has advised one why not have this at lunch time or after work/school.



Clean interdentally once a day, before brushing in the evening. Our toothbrush only gets to 60% of our tooth surfaces! There are many different interdental cleaning aids so speak to your dentist or oral health educator for advice on what is best for you.



Change your toothbrush (or toothbrush head if using an electric toothbrush) every 3 months or before if the bristles are splayed.

Your teeth take an hour to recover after eating sugar. Reduce the amount and frequency of sugary foods and drinks as this will reduce the risk of tooth decay.

Have sugar free snacks in between meals. Examples of some sugar free snacks and drinks; fresh fruit, breadsticks, cheese, crackers, vegetables, hummus, milk and water.



Ensure you visit the dentist regularly, even if you do not have any natural teeth remaining. Dentists do not only check teeth, but also the soft parts of the mouth, including the tongue and cheeks.

