

Oral Health – Advice for Adults

Teeth can last a lifetime

- Clean the teeth, gums and tongue thoroughly twice a day, especially last thing at night.
- Use a small-headed, medium textured toothbrush with a pea-sized amount of fluoride toothpaste.
- Spit after brushing – **DON'T RINSE.**
- It will take two minutes to clean the mouth thoroughly.

Gums are important too

- Gums need to be brushed too, especially where they meet the teeth.
- Gums can bleed if you are not brushing away the plaque. This usually improves with more effective brushing.

Acid erosion

- Limit your intake of acidic food and drinks. Frequent consumption can lead to acid erosion, which may cause teeth to wear away.

Tooth decay

- Restrict sugary foods and drinks to meal times.
- Choose healthier options, like fruit, vegetables, milk or water, for snacks in between meals.
- Always check food labels, to see if sugar is in the list of ingredients.

Visit your dentist regularly

- Everyone should visit their dentist at least once a year. This includes denture wearers.
- If you don't have a suitable dentist in your area, ask a family member or friend to recommend one.
- Mouth ulcers that last longer than two weeks should be seen by your dentist.
- Change your toothbrush every six to eight weeks.

For further advice or information please contact:

**Coventry Community Dental Service, Oral Health Promotion
024 7696 1556 or 024 7696 1327**

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