

Our Tips for a Healthy Mouth



*Good oral health can have so many wonderful life-changing benefits. We have put together some **top tips** covering all areas of your oral health to help keep you smiling.*

Press to watch the video.



CARING FOR YOUR MOUTH:

- **Brush** your teeth last thing at night and at least one other time during the day with a fluoride toothpaste.
- **Clean** in between your teeth at least once a day using interdental brushes or floss.
- **To check** if you have bad breath lick your wrist, let it dry and give it a sniff, if it smells your breath probably does too.
- If you use **mouthwash** don't use it directly after brushing as you rinse away the fluoride from your toothpaste.
- **Quit smoking** to help reduce the chances of tooth staining, gum disease, tooth loss, and in more severe cases mouth cancer.
- **Make sure** your toothpaste contains fluoride; it helps strengthen tooth enamel making it more resistant to decay.
- **Change** your toothbrush every two to three months or sooner if it becomes worn as it will not clean the teeth properly.



VISITING YOUR DENTIST:

- **Visit your dentist** regularly, as often as they recommend.
- **Some dentists** may offer home visits for people who are housebound or have difficulty visiting the surgery.
- **If you are nervous** about visiting the dentist, make sure they are aware of why so they can improve your treatment.
- **Help** to overcome dental anxiety by taking a friend with you for support or listen to music to help you relax and focus on something else.
- **Your dentist** will carry out a visual mouth cancer check during your regular check-up.
- **Visiting a dental hygienist** can help give you excellent tips and advice on preventing dental problems.

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DIET AND YOUR ORAL HEALTH:

- **Chew sugar-free gum** after eating or drinking, especially sugary foods, to help protect your teeth and gums in between meals.
- **If you have a sweet tooth** try to choose sugar free sweets and drinks which contain xylitol as it can actively contribute to your oral health.
- **Avoid snacking** and try to only have sugary foods and drinks at mealtimes, reducing the time your teeth come under attack.
- **Finishing a meal** with a cube of cheese is a great, and tasty, way to reduce the effect of acids from the foods damaging your teeth.
- **A varied diet** that is rich in vitamins, minerals, and fresh fruit and vegetables can help to prevent gum disease.
- **Wait an hour** after eating or drinking anything before brushing as then enamel will be softened and you could be brushing away tiny particles.



CHILDREN'S ORAL HEALTH:

- **Weaning** your baby off the bottle early can help them avoid developing dental problems.
- **All children** up to three years old, should use a smear of toothpaste with a fluoride level of no less than 1000ppm (parts per million). After three years old, they should use a toothpaste that contains 1350ppm -1500ppm.
- **Parents should** try and supervise your children's tooth brushing until they are about 7 years old.
- **Take your child** to the dentist early, as soon as their teeth start to appear, this will help them get used to the sights, sounds and smells of a dental practice.
- **Use a timer** or brush a long to a song to ensure your children are brushing for the correct amount of time.
- **Use a reward chart** to track your children's brushing habits and get them actively involved in brushing their teeth.
- **Use disclosing tablets** to show areas of your children's mouth which may need better brushing.

ALL TRUTH ABOUT METAL-FREE CROWNS

Most people will experience damage to the surface (enamel) of their teeth at some point. Teeth become chipped or discoloured or may need additional support due to a large range of causes.

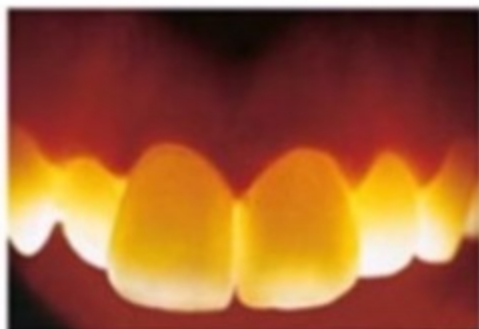
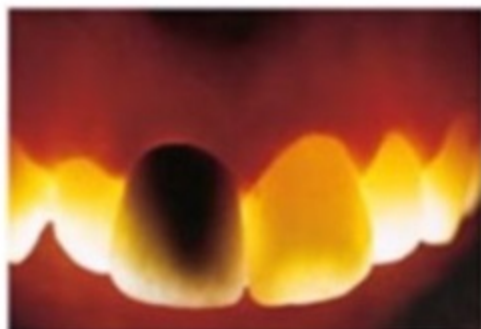
*A **metal-free (all porcelain/ceramic) crown** is an artificial restoration that fits over the remaining part of a prepared tooth, making it strong and giving it the functions and features of a natural tooth. You can achieve these superior aesthetic results within a couple of easy appointments. [Read more...](#)*



zirconium based crowns



metal based crowns



If you have one or more teeth that have been weakened by decay or a large cavity that has rendered the tooth vulnerable, this treatment is catered exactly for you.

Do not let the loss of a tooth deny you the cosmetic and physical benefits of a full set of 'pearly whites'.