



### Sports Mouth Guards

If you play any sports that might involve your mouth being hit such as hockey or rugby, we would suggest that you have a high quality gum shield that fits well enough that it doesn't fall out!! This will protect you and your teeth!

### GENERAL ADVICE

- *Its important to remember not to eat or drink sweet things in between meals.*
- *Brush your teeth twice a day for two minutes to keep them clean*

## Regency House Dental Practice



Ask your dentist for **PLAQUE ID GEL** the next time you're in for a check-up

Other specialist tooth pastes are available...please ask

Gum Shields are available from £45 and can be made in any colour or design



### Regency House Dental Practice

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## CHILDRENS ORAL HEALTH ADVICE



## Regency House Dental Practice

[www.regencyhousedentalpractice.co.uk](http://www.regencyhousedentalpractice.co.uk)

## Cleaning Your Teeth (Oral Hygiene)

- Dentists Recommend Cleaning your teeth twice a day for two minutes each time
- The Best time to brush your teeth is when you wake up in the morning and when you go to bed at night



- Always make sure that your toothbrush is in good condition and does not need replacing
- Electric tooth brushes can be a great way of improving your brushing



- Use a Tooth Paste which is right for your age
- Make sure you clean the whole of every tooth. It can be easy to miss bits!! Ask your Dentist to use some coloured gel to help show you which bits you're missing
- Spit out any left over froth or toothpaste but you do not need to rinse out



### Regency House Dental QUIZ!!

1. How many times a day should you brush your teeth?
2. How long should you brush for?
3. What drinks are sugar FREE?
4. What foods are good snacks?
5. What causes tooth decay(holes)?



## Diet Advice

- SUGAR IS BAD FOR TEETH!! It helps the bugs that are in your mouth make holes in the teeth
- Your teeth are strong enough to protect themselves three times a day (Breakfast, Lunch, Dinner) as long as they are brushed properly
- ANY snacks or drinks between meals with ANY sugar can cause holes

### Snacks that can cause holes



Biscuits, cake, fizzy drinks, most squash (including “No Added Sugar”), fruit juice, eating too much fruit.....in fact MOST THINGS can cause tooth decay if eaten or drank between meals!

Good snacks....water, SUGAR FREE squash, carrot stick, cucumber, peppers, celery.