

# Oral health

## Top ten tips for teeth

1. Visit the dentist often.
2. Brush your teeth twice a day.
3. Use a toothbrush with a small head.
4. Use a dry toothbrush.
5. Use a pea sized amount of fluoride toothpaste.
6. Carefully brush every surface.
7. Brush for two minutes.
8. Spit, don't rinse.
9. Keep sugary snacks and drinks to mealtimes.
10. Always show off your nice smile.



For further information visit our website: [www.nhsaa.net/better-health/topics/oral-health](http://www.nhsaa.net/better-health/topics/oral-health)

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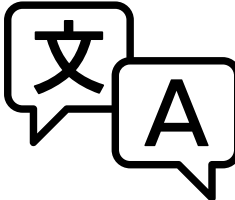


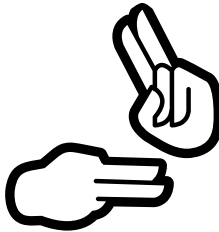

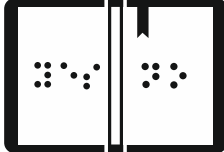


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