

waterside dentalcare

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Teenage Oral Hygiene Advice

1. Brush 2 x daily with a fluoride toothpaste and a nylon multi tufted toothbrush with a head no bigger than a £1 coin
2. Use a fluoride mouth wash at a separate time to brushing, for example after tea (this gives you an extra boost of fluoride)
3. Limit carbonated drinks as these will erode your teeth (also limit to mealtimes only)
4. If you wear a fixed appliance then use an orthodontic toothbrush and interspace brush after every meal if possible, also make sure that you use a fluoride mouthwash at a separate time to brushing.
If wearing an appliance avoid sticky food like toffee and other sweets. Also limit carbonated drinks to a minimum.

It is extremely important to your oral health to look after your teeth; not only will it give you healthy gums and teeth, it will also give you a lovely smile and fresh breath too.