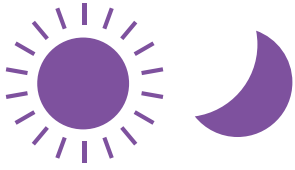


Six of the best ways to maintain a healthy mouth



Clean your mouth every morning and every night.



Use only a pea-sized amount of high fluoride toothpaste to protect your teeth.

Spit but do not rinse after brushing so the fluoride can soak into your teeth.



Use a soft toothbrush to brush your teeth and to clean your gums and tongue.

If you require help, a carer may sometimes use an extra toothbrush, which is bent, so that they can see inside your mouth.

Replace your toothbrush with a new one with the change of seasons (every three months).

If you wear dentures, clean them by brushing with a denture brush using soap and water. Rinse well. Disinfect dentures once a week. Dentures should have your name on them.



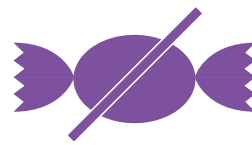
Protect your gums by applying a small amount of antibacterial gel daily.

If you wear dentures, take your dentures out overnight to rest your gums. Soak your cleaned dentures in a container of cold water.



Keep your mouth moist by sipping water. A lip moisturiser may be helpful.

Try to reduce the amount of sugary drinks, juices, tea and coffee you drink.



Cut down on sugar by using sugar substitutes for sweetening drinks, particularly between meals.

Look for the 'happy tooth' symbol on lollies and treats.
