

# Oral health care for adults

## Toothbrushing and oral hygiene

Teeth and gums should be brushed at night and at one other time during the day using a pea sized amount of family fluoride toothpaste containing 1450 parts per million fluoride. Use a power or manual toothbrush with a small head and medium textured bristles. Do not rinse out after brushing, just spit out remaining toothpaste.

Ask your dentist for advice on cleaning in between your teeth.

You may benefit from using a fluoride mouth rinse daily at a different time to brushing.

## Diet and drinks

Sugary foods and drinks between meals may cause tooth decay. Reduce the amount and frequency of sugary foods and drinks. The best choice of drink is either milk or plain water. Many other soft drinks (fresh juices, fruit smoothies, sugar free, no added sugar, low sugar, fizzy and diet drinks) are very acidic and can cause wear of the teeth so try to avoid brushing straight after having a soft drink.

The best choices for healthy snacks between meals are fresh fruit or vegetables or something savoury. Fruit can also be acidic so try to avoid brushing straight after eating fruit.

Keep dried fruits and any sugary snacks like biscuits, cakes, sweets or chocolate to mealtimes and avoid sugary foods and drinks at bedtime.

Sugar is also known by the following names: glucose, glucose syrup, fructose, sucrose, dextrose, honey, maltose, corn syrup. All of these can harm your teeth.

## Smoking and alcohol

Smoking and chewing tobacco can lead to bad breath, stained teeth, gum disease, and mouth cancer. For help and advice with quitting Call 0151 541 5656, text ABL to 60777, e-mail [wiccg.ablwirral@nhs.net](mailto:wiccg.ablwirral@nhs.net) or visit <http://www.ablhealth.co.uk/wirral>

Keep alcohol consumption to recommended levels (no more than 14 units a week).

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## Oral Cancer

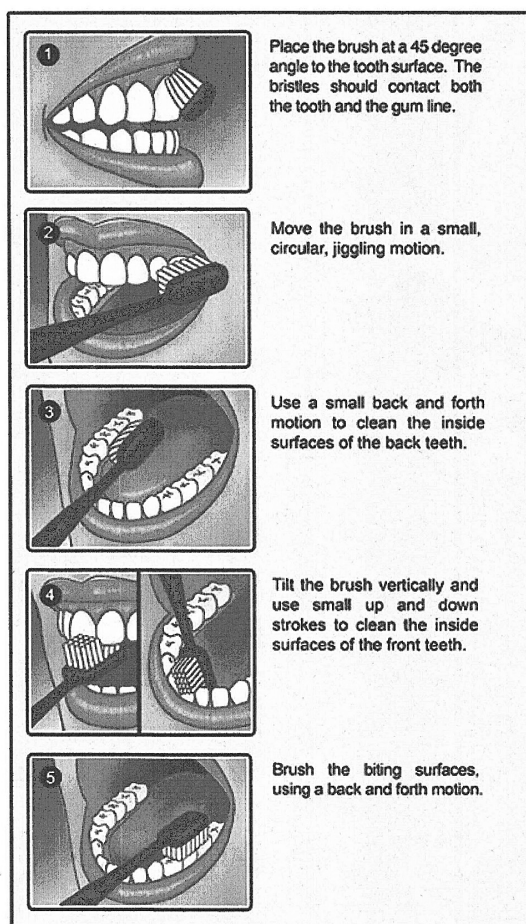
Oral cancer can occur anywhere in the mouth and can affect anyone whether they have their own teeth or not. Look out for any changes in the mouth and seek advice from a dentist for an ulcer that fails to heal in two weeks, red or white patches in the mouth or any unusual changes.

## Visiting the dentist

Visit the dentist regularly even if you have no natural teeth (ask your dentist to recommend how often you should visit).

Speak to your dentist about fluoride varnish, treatments that can help to prevent dental disease and whether you should be using a fluoride mouthwash and higher fluoride toothpaste.

## How to brush your teeth correctly



### Opening hours:

Monday - Thursday 8.30am - 5.00pm

Friday 8.30am - 4.30pm

**St Catherine's Health Centre Dental Clinic**

0151 514 6420

**Victoria Central Health Centre Dental Clinic**

0151 514 6266

**Leasowe**

0151 514 2340

### Out of Hours:

**Out of Hours Service 111**

**Revive Dental Care**

0161 476 9651

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email [wcnt.yourexperience@nhs.net](mailto:wcnt.yourexperience@nhs.net)

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