

LOOK AFTER YOUR TEETH

It's best to visit the dentist twice a year.

Clean your teeth at least twice a day. After breakfast and before you go to bed at night. Use a small amount of toothpaste with gentle circular movements of the brush. Aim to brush for 2 minutes, and don't forget the edges of your teeth near the gums.

Floss your teeth once a day to help remove food & plaque from between your teeth.

You may wish to use a mouth rinse for added protection.

Limit sugary foods & drinks to mealtimes.

Replace your toothbrush regularly, at least every 2 months.

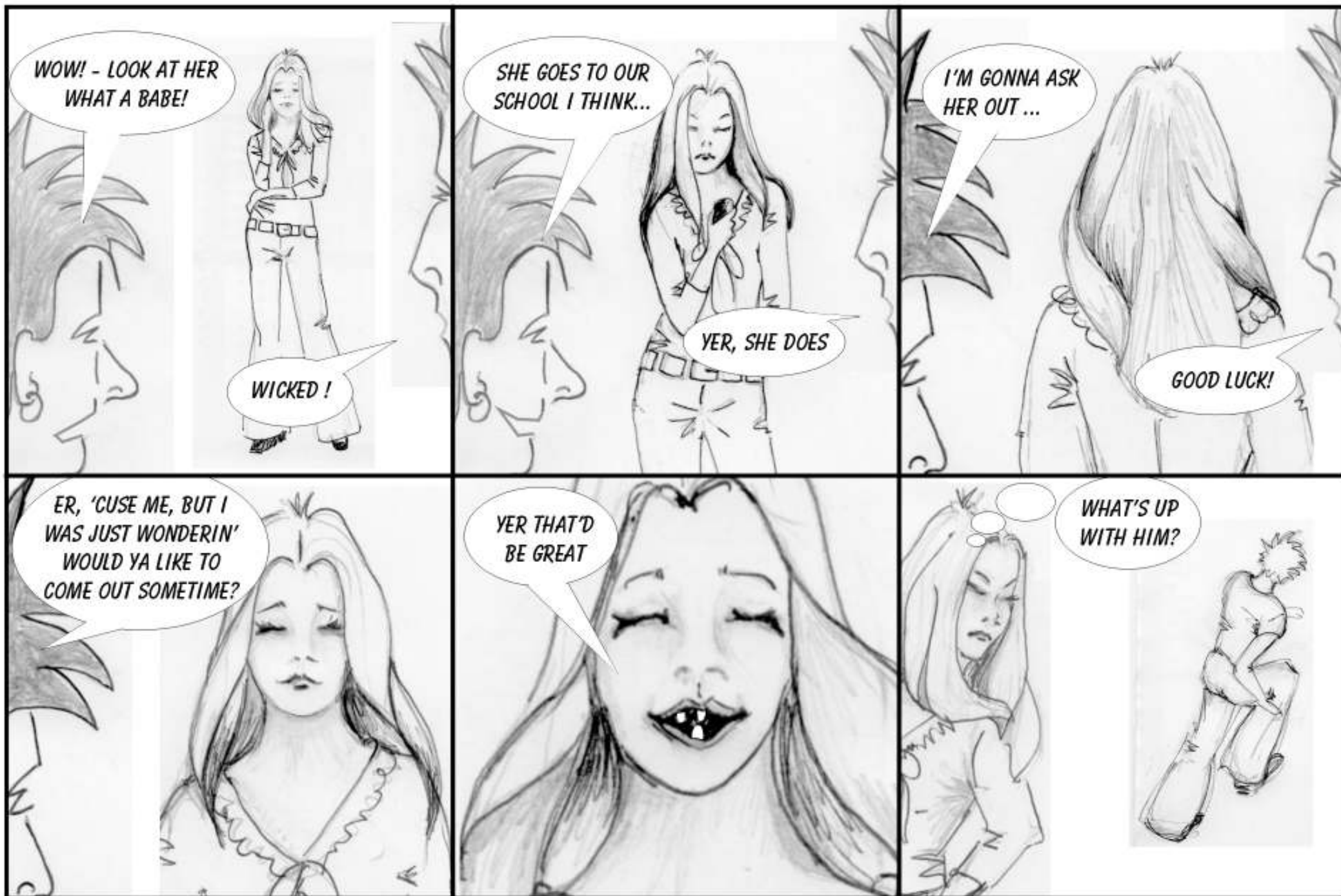
If you wear braces it is very important that you thoroughly clean your teeth to remove all the plaque which can cause cavities and spoil their look.

Using a mouthguard will help protect you against damaged or broken teeth when playing sports.

Don't smoke! Smoking will stain your teeth, give you bad breath and increase the risk of mouth and other cancers.

MEET SALLY SMILES





REMEMBER: IT MIGHT BE YOUR BREATH RATHER THAN THE APPEARANCE OF YOUR TEETH THAT PUTS OFF THAT PERFECT DATE!