

Useful Telephone Numbers

NHS Dental Helpline

Need routine or urgent dental treatment?

Telephone: 0300 123 1663 08:00 – 16:00
Calls charged at local rates.

Alternatively look on NHS Choices website

Emergency Dental Service Brighton & Hove

This is an evening / weekend service for anyone with dental pain.

Please phone for an appointment:

Telephone: 03000 24 25 48

Open Mon-Fri 17:30 – 22:30

Sat, Sun and Bank Holidays 09:00 – 17:30

Oral Health Promotion

A free NHS service offering a range of education programmes to a variety of settings

Contact: alison.mcnealy@nhs.net



Oral Health Checklist

Brush for 2 Minutes Twice a Day

Last thing at night and at least one other time.

Use Fluoride Toothpaste

Under 3 yrs use a smear of paste containing no less than 1000ppm

3 yrs and over, use a pea size blob of paste containing between 1350 – 1450ppm fluoride

Children under 8 years need help with toothbrushing

Spit, Don't Rinse

Spit out the excess foam, but do not rinse with water.

This leaves the fluoride coating on the teeth.

Keep Sugar to Mealtimes.

Frequent eating or drinking sugar is the main cause of tooth decay.

Dried fruit is very sugary and not recommended for snacks

Stick to Water or Milk Between Meals

Babies

Try to move on from bottle and dummy by one year.

Serve milk or water from an open or free flow cup.

Brush teeth as soon as they appear.

Take baby to the dentist to become used to the surgery.

Regular Family Dental Visits

As often as dentist recommends



Manual Toothbrushing



A blob of fluoride toothpaste



Brush the outside, inside and chewing surfaces of the top and bottom teeth.



Spit out the bubbles

Don't rinse



Power brush
Guide the brush around all tooth surfaces.
Spit. Don't rinse

Drinks – Sugar and Acid

To help care for our teeth we need to know how to protect them from sugar and acids in drinks.

Do drink milk, water, (children and adults) tea or coffee – sweeteners are ok for teeth (adults)
Try not to drink fizzy or fruit flavour drinks every day.
Care with fruit juice, only 150ml per day.
Using a straw helps to protect teeth.



New Sugar Guidelines, maximum per day:

Children aged 4-6 years 19g (5 cubes)
7-10 years 24g (6 cubes)
11 – adult 30g (7 ½ cubes)

4g = a sugar cube



Don't forget to take a cool bottle of water and a healthy snack when you go out.





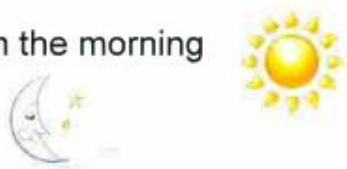
TOOTHBRUSHING DIARY

		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



10 Top Tips for Healthy Teeth and Gums

1. Brush your teeth in the morning
and before bed.



2. Use a pea-size amount of family **fluoride** toothpaste on a small brush.
(Just a smear for under 3 yrs)



3. Clean one tooth at a time.



It will take about **2 minutes** to do properly.



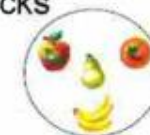
4. **Spit** out the froth, but **don't** rinse.



5. Keep sugar to mealtimes - breakfast, lunch/dinner and tea.



6. Eat a little fresh fruit or breadsticks with cheese if you are hungry.



7. Water and milk are the best drinks for teeth.



8. Don't pick at food through the day – give your teeth a rest.

9. Sweets and sugary or fizzy drinks are only for occasional treats, have them with a meal and use a straw for drinks.

10. Visit your dentist for regular check-ups.

