

# Top tips for teens' teeth



## Brushing

- Brush for two minutes last thing at night and at one other time
- Use toothpaste with at least 1350ppm of fluoride (see ingredients)
- Clean in between teeth using interdental brushes or floss
- Mouthwash – use at a different time to brushing
- Spit, don't rinse – you will be rinsing away all the fluoride you have just put on to protect your teeth!

## Snacks

- Keep sugary and acidic foods and drinks to mealtimes - our mouths can take up to 4 sugar / acidic hits a day
- Snack on fresh fruit and vegetables; remember your 5 a day!
- Fizzy drinks, energy drinks and sugar free squashes are acidic and can erode the tooth enamel - keep these to mealtimes
- Use a straw - the sugary / acidic liquid will go to the back of the mouth
- Wait at least an hour after having an acidic drink before brushing
- Chew sugar free gum to promote saliva which helps strengthen teeth

- Tongue and lip piercings can cause infections and chipped teeth

- Visit the dentist as often as they recommend

For more information, visit [www.communitydentalservices.co.uk](http://www.communitydentalservices.co.uk) or phone 01234 310354  
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