



Dental Health



When did you last visit a dentist? _____

Are you registered with one? Y/N/Don't know

If you are not registered with a dentist then you need to ring NHS Direct, who can help you to be put on the waiting list in your area.

0845 4647

Are you experiencing tooth pain? Y/N

If yes, how long has this been troubling you?

What do you think you can do about it?

What do you think helps your dental hygiene?

What do you think harms your dental hygiene?

What can I do to improve my dental hygiene?

Advice on Dental Hygiene

- Aim to clean your teeth at least twice a day using a fluoride toothpaste. Make sure you brush every surface of every tooth.
- Replace your toothbrush every month.
- Use dental floss to remove plaque from areas that your toothbrush can't reach e.g. in between the teeth.
- Consider using an alcohol-free fluoride mouthwash.
- Chew sugar-free gum after a meal. It can help neutralise plaque acid.
- As far as possible, limit sugary foods and drinks between meals.
- Register with a Dentist and have regular check-ups, every 6 months.