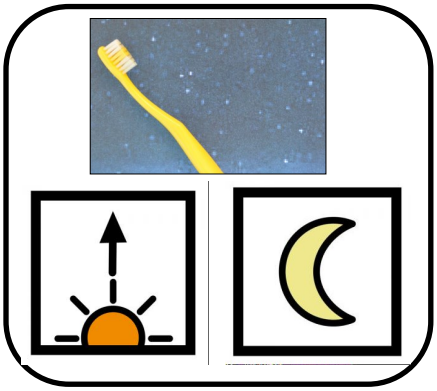
OXFORDSHIRE COMMUNITY DENTAL SERVICE

NHS Oxford Health NHS Foundation Trust

Keeping your teeth healthy



It is important to brush your teeth at least **2 times** a day to keep your teeth and gums healthy.



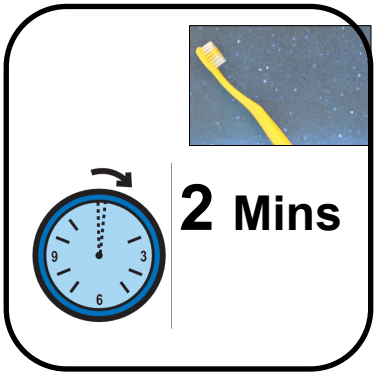
Brush your teeth in the **morning and at night** before you go to bed.



Use:

- Fluoride **toothpaste**
- Dental **floss**
- And **Interdental brushes** (which clean in between your teeth)

To keep your teeth and gums healthy.



Brush for at least **2 minutes.**

Your dentist can show you how to brush your teeth properly.



An **electric toothbush** can make brushing easier.







There are lots of **different tooth-brushes**.

Your dentist can help you choose the right one to use.



Different handles can make brush-ing your teeth easier.



Visit your dentist **every 6 months** or as often as they say.

If you **do not** have a dentist you can find one by visiting www.nhs.uk or calling 111.

The **Learning Disability team** can also help you. South Team 01865 903100, City Team 01865 904555, North Team 01865 903500.

Oxfordshire Community Dental Service, Oxford Health NHS Foundation Trust, Corporate Services, Littlemore Mental Health Centre, Sandford Road, Oxford OX4 4XN
Switchboard: 01865 904040
Email: Oral.Health@oxfordhealth.nhs.uk
Website: www.oxfordhealth.nhs.uk
Health and social care professionals may order this and other resources from hpu.oxfordhealth.nhs.uk

Easy read leaflet CY 038.19