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Looking after teeth, gums and oral health





An Easy Read Leaflet By Oxfordshire Community Dental Service



Looking after our teeth is very important.



If you don't take care of your teeth, you might get problems like:
tooth decay and gum disease.



Tooth decay can cause a hole in your tooth.
This can hurt and may lead to tooth loss.



Gum Disease happens when plaque builds up around the teeth and gums making them red, swollen and sore.



Plaque is a sticky layer that can cause problems if not cleaned away.



How to look after your teeth and gums



Brush your teeth twice a day for 2 minutes.

Brush all surfaces of your teeth and gums.





Brush your teeth before you go to sleep and one time in the morning.



Use a pea sized amount of fluoride toothpaste.



If your gums start to bleed continue brushing.

The bleeding should stop within 2 weeks.



Spit out any toothpaste after brushing your teeth.

Do not rinse with water.



Clean between your teeth with dental floss or special brushes.



If your dentist tells you to use a mouthwash you should use it between meals.



If you are worried talk to your dentist.



Healthy eating

Try to eat a healthy, balanced diet.



Sugars in cakes, biscuits, sweets and sauces can cause tooth decay.



Acid is in fizzy drinks, smoothies or fruit juices. This acid can damage your teeth.



Eat fruit and vegetables every day.

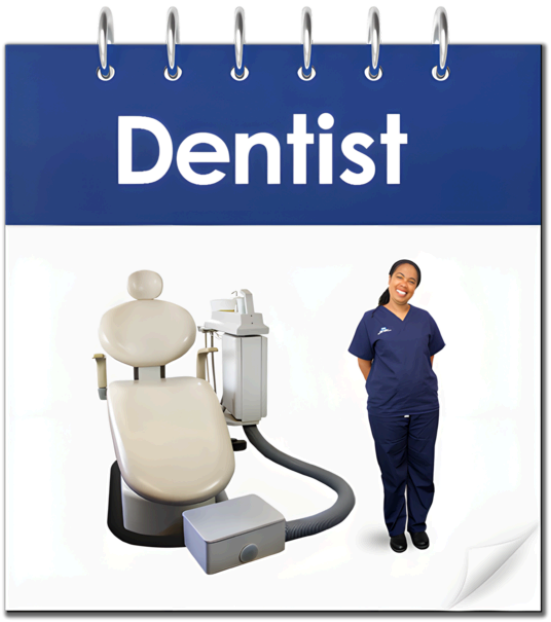


Cut down how often you have sugary foods and drinks.

Try to keep sugary foods and drinks to mealtimes only.



Drink milk or water as they help to protect your teeth.



See your dentist every 6 months or as often as they tell you to.

Please scan this QR code to find all our easy read leaflets

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Further support

For learning disability support please contact the North or South Learning Disabilities Team - LDNorth@oxfordhealth.nhs.uk or LDSouth@oxfordhealth.nhs.uk