

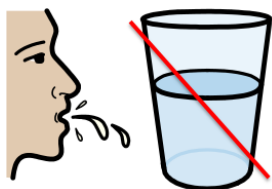
Toothpaste, Toothbrush and Mouthwash



Your dentist can advise which toothbrush is best for you



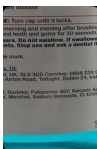
Use a fluoride toothpaste. Most toothpastes contain **1350 - 1500ppm** fluoride. Read label on box



Spit out excess, do not rinse after using toothpaste .



Mouthwash can be used at a different time from toothbrushing



Read the label. Use alcohol free mouthwash



Toothbrushing and Oral Health Advice



You might want to look at this leaflet with your:
FAMILY, FRIENDS, SUPPORT WORKER



Easy Read Leaflet

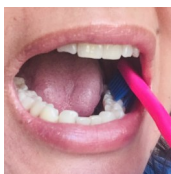
Manual Toothbrushing



Brush the side of the teeth next to the cheeks and lips. Brush one tooth at a time

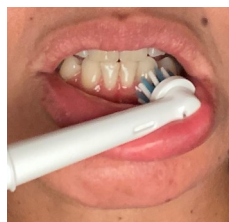


Brush the side of the teeth next to the tongue



Brush biting surface of teeth

or Electric Toothbrushing



Brush side of teeth next to the cheeks and lips. Hold, count to 3 (1 2 3). Move to next tooth



Brush side of teeth next to the tongue. Hold, count to 3. Move to the next tooth.



Brush biting surface of teeth Hold, count to 3. Move to the next tooth.

Interdental Cleaning



Use interdental brushes or floss



If possible,
Clean in-between teeth, once a day.
This should be done before toothbrushing