**DENTAL CARE**

**CARING FOR YOUR TEETH**

* Use a rechargeable electric toothbrush with a small round head
* Brush twice daily
* Use high fluoride (5000ppm) toothpaste which is available on prescription
* Brush each tooth for 5 seconds including the gum and neck of the tooth, if the gum bleeds with brushing this is ok
* Never rinse out with water after brushing the teeth, leave it in the mouth to work
* Cut out sugary drinks and snacks. Ask your doctor to provide sugar free medicines

**DENTURE CARE**

* Never leave dentures in over night
* Cleaning dentures – remove the dentures and clean over a bowl of water or towel so they don’t break if you drop them
* Clean every surface with a denture brush and a little soap (toothpaste is a little abrasive), make sure all debris is removed. Be careful not to squeeze or damage the metal clamps on the denture, rinse
* Check for cracks or breakages
* Store in water overnight and then rinse out the container and leave to dry
* If you follow this routine daily there is no need to spend money on denture cleaning products
* You need your mouth even if there are no teeth present, clean gently with a small soft child’s toothbrush and toothpaste if required

Thanks to The Old Surgery, Crewe