



Oral Health

Advice, support and information

Top tips for teeth:

- Be sugar smart - avoid sugary food and drink before bedtime
- Brushing twice a day - make sure you use fluoride toothpaste
- Visit the dentist at least once a year, its free for children under 18



Why is brushing important?

- Brushing twice a day removes plaque. If plaque isn't removed it can lead to oral diseases like tooth decay, gum disease and eventually tooth loss.

Tooth decay:

- Tooth decay is damage to a tooth caused by dental plaque turning sugars into acid.
- If plaque is allowed to build up it can lead to problems such as holes in the teeth (dental cavities) and gum disease.



Preventing tooth decay:

- Brush teeth with fluoride toothpaste.
Fluoride is a mineral that helps strengthen tooth enamel and repair damaged enamel.



Support services:

- **Oral health foundation** - dentalhealth.org
- **Fun kids** - Professor Hallux's Dental Depository - funkidslive.com/learn/hallux/dentist/

For advice and support:

Call us: **020 3954 0091**

Email us: **compass.towerhamletsyphws@nhs.net**