

Keeping Oral Health in Mind



Taking care of your oral health can support feelings of wellbeing.



Dealing with the challenges of life may sometimes affect your daily self-care routine.



It is important to create a positive daily routine by brushing twice a day, drinking lots of water and reducing your intake of sugary foods and drinks.



Dental Health
Foundation
Ireland

If you are experiencing symptoms such as teeth grinding, tooth wear/enamel erosion, a dry mouth or are taking medication that may have side effects in the mouth, please don't delay in contacting your dentist.

Tooth Tips

- Brush your teeth twice a day, at bedtime and one other time for 2-3 mins using a gentle circular motion.
- Change your toothbrush when bristles are worn (about every 3 months).
- Use a soft/medium toothbrush and fluoride toothpaste (1450ppm) to keep teeth strong and help prevent decay. Spit out, don't rinse after brushing.
- Floss daily or use interdental brushes to reduce plaque build-up. Ask your dental team for advice on technique.

Stress Relief

- Regular exercise may help relieve stress; stress is a risk factor for gum disease.
- For mental health support: www.mentalhealthireland.ie

Diet and General Tips

- Try to eat more fruit and veg.
- Pick healthy snacks and drinks between meals such as whole fruits. Limit sugary snacks and drinks to mealtimes.
- Drink plenty of water and avoid fizzy drinks. Milk and water are the best drinks.
- Sugarfree gum increases saliva and can help relieve dry mouth. Choose sugarfree medicine when available.
- Arrange a visit to the dentist at least once a year.

Alcohol and Tobacco

- Alcohol and tobacco increase the risk of oral health problems including tooth decay, tooth wear/enamel erosion, gum disease and mouth cancer.
- Visit www.quit.ie and www.askaboutalcohol.ie