Keeping Oral Health in Mind

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

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.

Be aware of the factors that affect your oral health and know where to go to get the best help and advice.

Visit your dental team once a year for advice and a check up to prevent tooth decay, gum disease and bad breath.

Tooth Tips

- 🙂 Brush your teeth twice a day, at bedtime and one other time.
- 🙂 Brush for 2-3 mins using a gentle circular motion.
- 🙂 Use a fluoride toothpaste (at least 1,000ppm).
- 🙂 Use a soft/medium toothbrush.
- 🙂 Spit, don't rinse after brushing.
- 🙂 Floss daily. Ask your dental team for advice on technique.
- 🙂 Change your toothbrush when bristles are worn.

Diet and General Tips

- 🙂 Choose healthy snacks and drinks between meals such as whole fruits. Limit sweets, chocolate, biscuits and sugary drinks to mealtimes.
- 🙂 Try to eat more fruit and veg.
- 🙂 Drink lots of water. Water and milk are the best drinks. Avoid fizzy drinks and energy drinks.
- 🙂 Sugar free gum increases saliva and can help relieve dry mouth.
- 🙂 Choose sugar free medicine when available.
- 🙂 Regular exercise may help relieve stress which is a risk factor for gum disease.

If you feel that the medication you are taking is effecting your teeth or if you are experiencing symptoms such as teeth grinding, enamel erosion or dry mouth please talk to your dentist.

Smoking and alcohol increase your risk of oral health problems including mouth cancer. Visit www.quit.ie and www.askaboutalcohol.ie for tips and advice.

For more information on where to go to find mental health support go to www.mentalhealthireland.ie