



## TOOTH TIPS FOR EASTER!

So it's almost Easter again, and here at the Dental Health Foundation we understand that it's pretty hard to avoid chocolate at this time of year! You may be wondering how you can look after your oral health while still enjoying your Easter Eggs, so we've put together some easy tips to help you.....

- 🥚 Limit sugary snacks to mealtimes – The saliva you create when you eat helps fight off the acid attack
- 🥚 Drink a glass of tap water after eating your chocolate, this will help to wash away the sugars that create acid and cause decay. The fluoride found in tap water also helps to protect your teeth
- 🥚 Brush your teeth twice a day with a fluoride toothpaste (1,000 ppm). Do not use fluoride toothpaste for children under two years of age.
- 🥚 Wait at least half an hour after you eat before brushing your teeth – sugary foods soften the enamel on your teeth so if you brush your teeth immediately there is a danger that you can erode the enamel.
- 🥚 Don't forget that good oral health is important all year long so visit your dentist regularly and remember to change your toothbrush every three to four months!

**Happy Easter from the Dental Health  
Foundation!**

