



## Adults

### Don't ignore your dental hygiene.

Oral health is essential for your general health. With links between gum disease, diabetes, cancer and cardiovascular disease, it has never been more important to take care of your teeth and gums.



[www.dentalhealth.ie](http://www.dentalhealth.ie)



Dental Health Foundation  
Ireland

**For tips please  
turn over**

# ADULTS

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

## Tooth Tips

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

## Diet

- 😊 Choose healthy snacks and drinks between meals such as whole fruits or low fat dairy.   
Dried fruits are high in sugar. 
- 😞 Avoid sugary snacks and drinks.
- 😊 Unflavoured milk and water are the best drinks.
- 😊 Limit fruit juice or fruit smoothies to a small glass once a day, with a meal and always choose unsweetened
- 😊 Read food labels for sugar content. Less than 5g per 100g is low sugar

## General Tips

- 😊 Always wear a mouthguard when playing sports to help reduce the risk of dental injuries.
- 😞 Smoking and alcohol are risk factors for mouth cancer 