



Hidden sugar

Many foods and drinks contain sugars that you may not be aware of. They may say sucrose, dextrose, fructose, hydrolyzed starch or glucose on the labeling but these are all forms of harmful sugar. Below are some examples of food that contain sugar:

- Cakes and biscuits
- Buns, pastries and fruit pies
- Sponge puddings
- Wine, beer and cider
- Fruit juice and cordials
- Ice cream
- Jams and honey



Good brushing guide

- Brush all surfaces of all the teeth holding the brush at 45 degrees to the gum line and using small circular movements of the brush.
- After brushing spit out the tooth paste but do not rinse
- Don't brush straight away after food, leave it an hour
- Replace your brush every two to three months
- Using interdental brushes is also important in removing plaque that accumulates between the teeth – your hygienist will show you how.

Prevention for older patients



If you are over 70 years old your teeth may be at increased risk of decay. Reading this information could help to keep your teeth healthy



Why you may be at risk

If you are over 70 years of age your teeth may be at greater risk of tooth decay.

Gum Recession

In gum recession the root surface of the tooth becomes exposed. These surfaces are more difficult to clean and more susceptible to decay. So how can you protect your teeth? Your hygienist will advise you on how to stop plaque from building up and can also apply fluoride to these surfaces, which will help protect them.

Healthy Diet

Try to have at least 5 portions of fruit and vegetables a day, even if you are just cooking for yourself. Avoid sugary snacks between meals or immediately before you go to bed.

Immediately before bed. Use artificial sweeteners in tea and coffee instead of sugar.

Brushing

Brush your teeth thoroughly for at least two minutes with a Fluoride tooth paste preferably an hour after breakfast and then again last thing at night at least an hour after your last food/drink of the day. Avoid anything sugary last thing at night.

Dry Mouth

Certain medications or medical conditions can reduce the flow of saliva decreasing the protective effect saliva has on neutralizing acids produced by the decay causing bacteria in the mouth. Your dentist may prescribe a high fluoride toothpaste and recommend a fluoride rinse to help make the teeth more resistant to decay.

Q&A

Should I use a mouth rinse?

Yes, but one that contains fluoride.

Is a manual or electric toothbrush best?

Either is good, but some find it easier to get a better clean with an electric.

What type of brush should I buy?

Look for one with a small head and medium bristles.

Are all toothpastes the same?

The most important thing is that it contains Fluoride at 1350-1500 ppm (parts per million). Most do nowadays.

Should I floss?

You should either floss or use interdental brushes once a day to get to the areas your toothbrush can't.