

TIPS FOR A HEALTHY SMILE



Three pillars for a healthy smile

1 Brush your teeth twice a day

Brush your teeth just before going to bed and at least one other time each day. However, do not brush immediately after consuming sugar-rich foods or drinks. Ask your dentist or dental hygienist which brushing technique, toothbrush and fluoride toothpaste is best for you.

2 Visit your dentist or dental hygienist regularly

A check-up with your dentist or dental hygienist at least once a year is crucial. Not only will they be able to identify oral health problems early, but it is also the perfect opportunity for a professional teeth cleaning.

3 Maintain a healthy, balanced diet

The best recipe for strong healthy teeth is a healthy and balanced diet! Eat plenty of fruit and vegetables and avoid acids that can cause dental erosion. Smoking and excessive alcohol intake are best avoided, as they can cause serious health problems.





Habits of a healthy smile

- **Clean between your teeth daily**

A toothbrush can't reach everywhere. Use mouthwash and interdental cleaning aids, such as floss or interdental brushes to help remove food and plaque, where they build up between the teeth. Also remember to clean along the gumline, where teeth and gums meet.

- **Take care of your teeth when on the move**

Make sure you keep your good habits during a busy day or when you are travelling, chew sugar free gum after a meal or a snack to increase salivation and reduce plaque acids.

- **Take care of sensitive teeth**

Nearly 1 in 3 of us have a certain degree of tooth sensitivity. If eating cold food is painful for you or you feel pain while brushing the surface of your teeth, consult your dentist or dental hygienist to determine the cause. They will also give you advice on which toothbrush, toothpaste, and brushing technique to use.



- **Avoid dry mouth**

Everyone has a dry mouth once in a while, sometimes as a result of medication. It's more than just uncomfortable, as it can increase your risk of gum disease, tooth decay, and mouth infections. Chew sugar-free chewing gum for 20 minutes after eating or drinking to promote saliva flow and sip water regularly.

- **Teach your toddlers**

Brushing baby teeth can be quite a challenge, but as they are as important as permanent adult teeth, parents need to start brushing them as soon as they appear. Turn your dentist's or dental hygienist's advice into a tooth brushing game so that you can supervise and reward your children.

- **Take care of your dentures**

All teeth, whether natural or replacement, deserve the same attention. As regular toothpaste is not recommended for full and partial dentures, use denture cleanser or white hand soap, but never use hot water. To keep them in top shape, don't wear them at night and check their fitness regularly. Last but not least, ask your dentist or dental hygienist for regular check-ups.

- **Remember: your oral health is part of your overall health and your quality of life**

Maintaining good oral health helps you to avoid oral diseases and costly treatment. By taking good care of your teeth you also take care of your body: keeping up good oral hygiene habits is a great way to help you lead a healthier life and enjoy better overall health.



About the Platform

The Platform for Better Oral Health in Europe is a joint initiative of the European Association of Dental Public Health (EADPH), the Association for Dental Education in Europe (ADEE) and the Council of European Chief Dental Officers (CECDO), supported by the Wrigley Oral Healthcare Program and GlaxoSmithKline Consumer Healthcare.

The mission of the Platform is to promote oral health and the cost effective prevention of oral diseases in Europe. It seeks a common European approach towards education, prevention and access to better oral health in Europe.

For more information please visit our website
www.oralhealthplatform.eu

