

Oral Hygiene Advice for Adults

- Tooth brushing should be done twice daily. Use a toothpaste with a Fluoride concentration of between 1000-1450ppm
- You should always spit toothpaste out, do not rinse after brushing.
- Mouthwash can be used at a time other than brushing for an extra fluoride boost.
- Toothbrush should be replaced every 2/3 months or once you notice toothbrush becoming worn.
- Use small circular movements to clean both teeth and gums.
- Have sugary drinks and foods less often.
- Flossing or interdental aids should be used once daily.