



ASK

- How often do you brush your teeth?
- What toothpaste do you use?
- What other dental aids do you use to clean your teeth (floss/interdental brushes?)

Explain:

Poor oral hygiene can lead to:

- Bleeding gums (gum disease)
- Toothache
- Caries (dental decay)
- Tooth loss

Smear of toothpaste
verses pea sized



ADVICE

- Brushing twice daily (especially last thing at night) is important to maintain good oral hygiene and remove bacterial plaque
- Use mouthwashes as advised by a healthcare professional
- Brush all surfaces of the teeth and where the teeth meet the gums in small circular motions
- See teething factsheet for specific age-related guidance on how much/which toothpaste to use
- Use interdental aids, such as interdental brushes and floss to clean in-between teeth daily
- It is important to also brush the tongue
- Dentures should be cleaned daily with a denture brush and mild soapy water (toothpaste can be abrasive) and ideally not worn overnight
- Thoroughly rinse dentures after cleaning with denture-cleansing solutions before reinserting into the mouth



FOLLOW UP

- Visit a dentist regularly to check the teeth and the health of the mouth. The dentist will advise on follow-up dental visits.



ALERT

- Seek help from dental professional if unsure
- Denture tablets/cleaning solutions should be kept away from children/vulnerable groups to avoid accidental ingestion



PHARMACY PRODUCT

- Over the counter fluoridated toothpaste 1350-1500ppm ages 3-6+
- Prescribed toothpaste
 - ⇒ 2800ppm sodium fluoride age 10+/high caries risk
 - ⇒ 5000ppm sodium fluoride age 16+/high caries risk
- Over the counter fluoridated mouthwashes
- Prescribed mouthwashes
- 0.2% sodium fluoride mouth rinse age 8+

PHARMACY DENTAL FACT SHEET