Hertfordshire Family Centre Service

Hertfordshire Community NHS Trust

ORAL HEALTH FOR YOUNG PEOPLE

WHAT IS TOOTH DECAY?

Tooth decay is when the hard outer surface of a tooth is broken down or damaged by bacteria and acid making holes in the teeth, called cavities. Tooth decay can cause pain, and infections, and problems with eating, speaking, playing, learning, smiling and socialising.



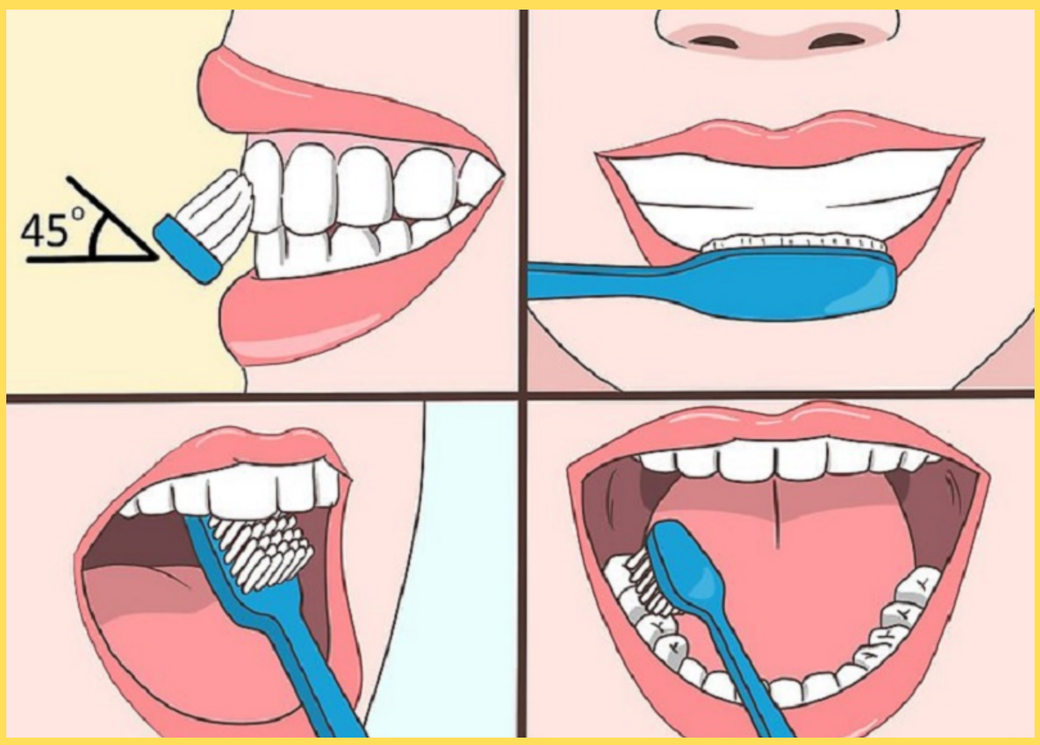
Tooth decay occurs when foods and drinks with sugars and starches are left on the teeth.

WHERE TO ACCESS A DENTIST

Scan the QR code or search "Find a dentist" for the NHS website.

Dental care is free for children and young people aged 0-19.

HOW TO BRUSH



REDUCE THE RISK OF TOOTH DECAY



- Brush teeth twice a day with fluoride toothpaste - no rinsing
- You should see a dentist at least yearly
- You should have fluoride varnish at each visit, this is free to all young people
- Use fluoride toothpaste containing between 1,350 ppm and 1,500ppm of fluoride
- Clean in between your teeth every day using floss or interdental brushes



TOP TIPS

- Brush teeth morning and bed-time for 2 minutes with fluoride toothpaste
- Only use a pea-sized amount of toothpaste
- Spit out after brushing and don't rinse - if you rinse, the fluoride won't work as well
- Fizzy drinks, fruit juices and sugary snacks should be limited to meal times



- Brush to the beat - why not download the Brush DJ app and brush to your favourite song?
- Set reminders and timers on your phone
- Go electric with an electric toothbrush