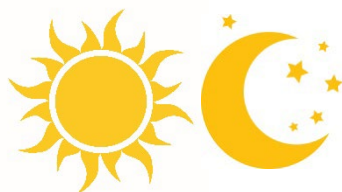
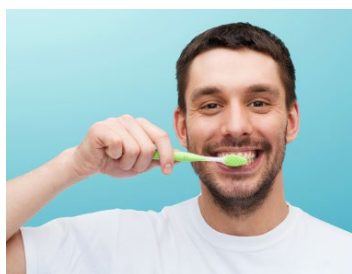


# Looking after your teeth and gums



You should brush your teeth:

- in the morning, after breakfast
- at night, before you go to bed.



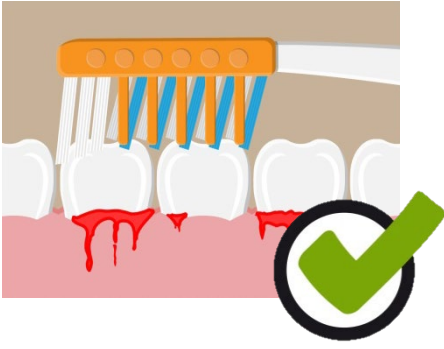
Put a small amount of toothpaste on your toothbrush.



Brush your teeth for 2 minutes.



Try not to rinse your mouth with water.



Your gums might bleed when you brush.  
This is ok.  
Make sure you brush them gently.



Ask for help if you need it.



Your dentist can help you choose the right toothbrush.



Using an electric toothbrush is ok.



Try not to eat too much sugar.

Some foods have lots of sugar, like biscuits, cakes and sweets.



Fruit and vegetables are better for your teeth.



Water and milk are good drinks.

Tea and coffee are good without sugar.



Try not to drink too much fizzy drink and juices with sugar.



Your dentist will tell you when you need your teeth checked.

# Need help?



**Our Patient Advice and Liaison Service (PALS) can help you.**

You can ask a question or tell them if you are unhappy about something.



**Phone:** 0800 030 4550

The team can phone you back.



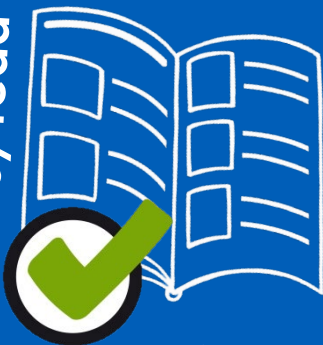
**Email:** [kentchft.PALS@nhs.net](mailto:kentchft.PALS@nhs.net)



**Post:**

Patient Advice and Liaison Service (PALS)  
Kent Community Health NHS Foundation Trust  
Trinity House, 110-120 Upper Pemberton  
Eureka Park  
Ashford  
Kent TN25 4AZ

easy read



**Our information is made with help from people with a communication need. Created using CHANGE and stock images.**

**(we care)**