



Adult Oral Health Advice

August 2023

Toothbrushing

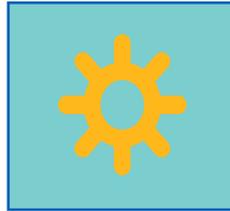
Clean all tooth surfaces and the gum line



Use a small headed toothbrush and fluoride toothpaste. Fluoride helps teeth to stay strong by strengthening the enamel.



Brush teeth and gums at least twice a day. Once before bed and at one other time.



Don't rinse the mouth out with water or mouthwash after toothbrushing. If you have been advised to use a mouthwash, use it at a different time to toothbrushing.



You can use additional cleaning aids to reach in-between your teeth such as dental floss and inter-dental brushes.



Food and drinks

Having foods and drinks that contain sugar in between meals can cause tooth decay.



It is better for teeth to have foods and drinks that contain sugar with a meal.

Smoking

Smoking and chewing tobacco can lead to:

- Bad breath
- Stained teeth
- Gum disease
- Mouth cancer



For help and advice with quitting call 0300 123 1044, the free Smokefree National Helpline. Lines are open Monday to Friday 9am to 8pm and Saturday and Sunday 11am to 4pm.

You can also use the NHS Smokefree app to help you stop smoking by giving daily support and motivation.

Mouth cancer

Check your mouth often for changes and seek dental advice for:

- A mouth ulcer that fails to heal in three weeks
- Red or white patches in the mouth



- A lump on the lip or in the mouth
- Unusual changes

Visiting the dentist

Your dentist will recommend how often you need to visit to find a NHS dentist visit: nhs.uk/service-search/find-a-dentist or scan the QR code:



Urgent dental care

If you have an urgent dental problem and do not have access to a dentist please contact:

Urgent Dental Care Triage Line

Telephone: 01905 681626

Monday to Friday 9:00-12:00

Outside of these hours please contact NHS 111

To find out more about what is being done to improve oral health in Worcestershire visit our social media accounts:

Facebook: HWHCTSmileSquad

Twitter: HWHCT_Smile

Do you have a concern, complaint or comment?

Contact: **Patient Relations Team,**

Herefordshire and Worcestershire Health and Care NHS Trust, 2 Kings Court, Charles Hastings Way, Worcester, WR5 1JR.

Tel: 01905 681517 Email: Whcnhs.pals@nhs.net

Do you have a communication or information support need?

If so please contact the person who gave you this leaflet so that those needs can be recorded and responded to.