

## Dental Checks

You should visit your dentist at least once a year.

Your dentist will tell you how often you need to visit the dentist.

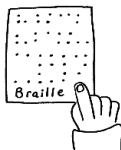


This leaflet was developed in partnership with Wirral Community NHS Trust Oral Health Dept.



Cheshire and Wirral Partnership **NHS**  
NHS Foundation Trust

## Looking after my teeth and gums



This leaflet is available in other languages or formats

For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

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This leaflet tells you about looking after your teeth and gums

## Looking after your teeth and gums

Looking after your teeth and gums can help you to stay healthy.



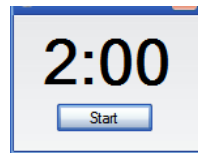
It is important to brush your teeth in the morning and in the evening.



Use a fluoride toothpaste to brush your teeth.



Brush your teeth for at least 2 minutes.



If you have no teeth it is important to brush your gums and tongue.



## Healthy Eating

Eat healthy food to keep your gums and teeth looking nice.



Some foods have sugar in them.



Try not to eat snacks with sugar.



Snacks like sweets and chocolate have lots of sugar in them.



Try healthy snacks like fruit and nuts.

Some drinks have sugar added to them.



Choose diet or low sugar drinks.

Have tea and coffee without sugar.

