



Redcliffe Dental Rooms

## Top Tips for a Healthy Smile

**Teeth healthiness and Teeth whiteness are two separate things. Try to incorporate the following seven steps, to maintaining a healthy smile.**

1. Brush your teeth and gums for at least two minutes, twice a day - using a fluoride toothpaste. Please see our Advice Sheet on Tooth Brushing Technique
2. After brushing, spit rather than rinse
3. Use a fluoride-coated dental floss once a day
4. Replace your toothbrush every 8 – 12 weeks, or earlier if you notice the bristles do not retain their shape
5. Remove or at best reduce, sugary food and fizzy drink from your diet
6. Your teeth, gums and oral health benefit directly from a balanced diet; Vitamin C boosts the immune system and helps to keep gums healthy. If you are a smoker, try to break the habit. If you drink alcohol, try not to exceed your recommended weekly units.
7. Visit your Dentist and Hygienist regularly – every six months is encouraged. Early intervention can prevent the need for invasive, larger scale treatment in the future

If you have any questions arising from this advice sheet, or any services offered at Redcliffe Dental Rooms, please feel free to contact us.

A member of our Client Service Team should be available to assist you Monday to Saturday, from 7am to 10pm.

Redcliffe Dental Rooms : 020 7373 0007  
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