

MAIN POINTS

Use toothpaste with **FLUORIDE!!**



Brush **TWICE** a day!

Brush for **2 minutes!**



2 minutes
2x a day

Floss **once a day**



Chew **sugar-free gum**



DEFENCE DENTAL CENTRES



Your nearest Defence Dental Centre:

- Devonport Naval Base
- Papakura Military Camp
- Whenuapai Air Force Base
- Waiouru Military Camp
- Ōhakea Air Force Base
- Linton Military Camp
- Trentham Military Camp
- NZDF Headquarters
- Woodbourne Air Force Base
- Burnham Military Camp

Visit health.nzdf.mil.nz for more information regarding contact information.

ORAL HYGIENE TIPS AND TRICKS



DEFENCE DENTAL CENTRE

Use Fluoride Toothpaste

Fluoride makes teeth more resistant to decay by strengthening the tooth surface and increasing its resistance to acid attack. Fluoride helps in repairing the early stages of tooth decay. The recommended strength for adults is at least **1000 ppm fluoride**. Adults should use a 'pea' sized amount of toothpaste on their toothbrush.



Brush Twice a Day

This is the most effective way of improving your oral health. You should aim to brush for 2 minutes, twice a day - after breakfast and before bedtime!

How to brush:

1. Tilt the brush at a 45-degree angle against the gumline and sweep or roll the brush away from the gumline.
2. Gently brush the outside, inside, and chewing surface of each tooth using short back-and-forth strokes
3. Gently brush your tongue to remove bacteria and freshen breath

Use a **soft-bristled toothbrush** (this is nicer on your gums)! **Replace the toothbrush every 3 months or** when the toothbrush shows wear.

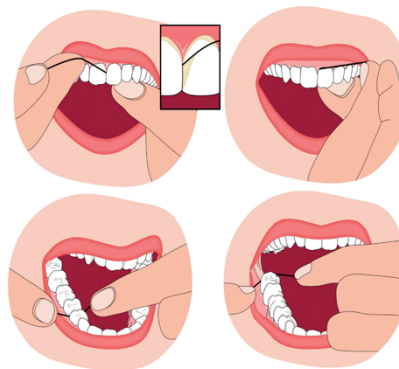
Tip: aim to brush the harder areas of your mouth first e.g. the back of your teeth, this way you won't forget about these areas!

Floss Once a Day

This is used to dislodge the pieces of food stuck between your teeth, which are hard to get to with your toothbrush. The removal of this food debris prevents gingivitis, which is early-stage gum disease where your gums become swollen and bleed. You should floss before brushing your teeth. How to floss:

1. Wind about 45cm of floss around your middle fingers and pull it taut between your thumbs and fingers.
2. Slide the floss gently between your teeth and pull it gently from side to side.
3. Run the floss all the way up to the point where the tooth meets the gum, then slide it gently under the gum line.
4. Avoid 'sawing' into the gums as this can damage them.

Try to **floss daily!!!**



Use Interdental Brushes

Much like floss, interdental brushes help to prevent gum disease by getting rid of pieces of food and plaque from between your teeth. These come in different sizes to match the size of the gaps between your teeth. These are particularly good for those with orthodontic wires!



Use Mouthwash

Antibacterial mouthwashes help clean germs off soft tissue that your toothbrush can sometimes miss, and helps to prevent bacteria from spreading and affecting your breath.

Chew Sugar-Free Gum

- Helps to combat bad breath
- Prevents tooth decay: chewing gum after eating can help remove food and bacteria from your teeth
- Increases salivary flow

Remember that chewing gum is not a substitute to brushing and flossing! Just an extra!



If you have any questions or queries regarding your oral hygiene or your dental treatment, talk to your dentist.