

What to do if you have a problem with your teeth

See your **dentist** if you have toothache that lasts more than 2 days

DENTIST

toothache and the area around your eye or neck is **swollen** or the swelling is making it **difficult for you to breathe**

If you do not have a dentist you can ring **111** who can advise you



Myth Buster

Going to the dentist is scary

Going to the dentist does not need to be scary, usually this fear comes from past experiences. Dentists are trained to spot and help you manage your fear and make the experience as comfortable as possible

I don't need to go to the dentist, it will get better on its own

If you have a problem with your teeth that is affecting you, it is essential to go and see a dentist. Dental problems very rarely go away on their own

Going to the dentist is going to cost lots of money

Most dental treatments are readily available on the NHS, with all those under the age of 18 receiving free dental care as well as those who are pregnant or on low income benefits

NHS



Dental Hygiene

The importance of brushing our teeth



What is Good Dental Hygiene?

Why is dental hygiene so important?

Brush teeth thoroughly twice daily for at least 2 minutes



Visit the dentist at least once a year even if you have no natural teeth.



Cutting down on

Excess sugar can cause tooth decay. Smoking can cause tooth discoloration and gum disease. Alcohol can damage the enamel of the teeth.



Poor dental hygiene can lead to toothache. This has many causes including:

- Tooth decay
- Dental abscess
- Cracked or damaged tooth
- Loose or broken filling
- Infection
- Gum disease

Poor dental hygiene can also put you at risk of other serious health conditions including stroke, heart problems

