



For top tips on how to get a great smile, find a dentist and learn more about Teeth TLC visit: www.teethtlc.com or call the free Healthline: **0500 20 20 30**

teeth.tlc
Tender Loving Care for Teeth

NHS
Grampian

7 steps to a great smile

- ★ Cut out fizzy drinks and eat healthier snacks
- ★ Brush your teeth twice a day and replace your brush regularly
- ★ Use a pea sized amount of fluoride toothpaste
- ★ Use a circular brushing motion
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- ★ Brush for 2 minutes
- ★ Spit out toothpaste – do not rinse your mouth after brushing
- ★ Visit your dentist regularly