

An illustration featuring a girl on the left and a boy on the right. The girl has long brown hair, a red shirt, and a blue skirt, smiling. The boy has spiky brown hair, a light blue shirt, and blue pants, looking distressed with 'X' marks for eyes and pink stars on his cheeks. Between them is a large yellow cloud-like bubble containing the text 'don't let bad breath ruin your chances'. Inside the bubble are icons of skulls and crossbones and fish with an 'X' on their heads. The background is light blue with a yellow ground line, a sun, clouds, and hearts.

don't let
bad breath
ruin your
chances

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NHS
Grampian



Don't let bad breath get in the way of your relationships.

Dental decay and leftover food stuck between teeth can cause bad breath. Smoking can also cause bad breath, gum disease and mouth cancer as well as stain teeth. For help to stop smoking call the **NHS Grampian Smoking Advice Service** on freephone **0500 600 332**.

Brushing twice a day with a pea sized amount of fluoride toothpaste, cutting down on sugary snacks and fizzy drinks and visiting the dentist regularly will help keep your mouth kissable.

Flossing or using interdental tape daily can also help improve your oral hygiene by removing plaque and food particles from between your teeth and under the gumline. Your dentist or hygienist can show you proper cleaning techniques.

Mouth jewellery can also cause problems. Tongue piercings can put you at risk of infection. Metal studs and lip piercings can cause damage to your teeth and gums by rubbing and bashing about when you speak and eat. They can also make your teeth sensitive. So think carefully before you go ahead with a mouth piercing.

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