For more oral health information visit the
Oral and Dental Health Resource Centre
at colgate.com.au

TOOTHBRUSHING TECHNIQUE

- Always use a soft toothbrush
- Use a fluoride toothpaste
- Brush twice a day
- Don’t apply pressure – let your brush do the work

Place brush at 45 degree angle to the gum – use gentle circular motion at the gumline

Brush the outside surfaces and the inside surfaces of all the lower teeth

Brush the outside surfaces and the inside surfaces of all the upper teeth

For the chewing surfaces, use a firm back and forth motion and don’t forget to clean your tongue
MOUTHWASH

- Adding a mouthwash to your daily oral care routine can be another way to limit plaque build up, maintain healthy gums and freshen bad breath.

- Swish about half a capful of mouthwash around in your mouth for 30 seconds, and avoid eating and drinking for about 30 minutes afterwards.

‘TOOTH FRIENDLY’ FOOD AND DRINKS

- Enjoy a wide variety of nutritious foods

- Enjoy healthy snacks such as dairy products, unsalted popcorn, fruits and vegetables in place of sugary or sticky snacks and sweets

- Limit intake of acidic drinks such as soft drinks, sports drinks, fruit juices, cordials and don’t sip on them for too long

- Drink water!