

**BE PROUD**  
OF YOUR MOUTH

# Practice a good oral hygiene routine

**FACT:** Oral diseases, such as tooth decay (dental caries) and gum disease, can impact every aspect of life, from relationships and self-confidence through to school, work, and the ability to interact with others. Yet they are preventable.



# WHAT YOU CAN DO



World Oral  
Health Day  
20 March



Here's how you can help keep your mouth healthy throughout life:

- **Brush for two minutes, twice a day.** Toothbrushing helps remove food and plaque, which if not managed can lead to tooth decay and gum disease.
- **Brush every surface.** Use a manual or electric toothbrush to brush the inside surfaces, outside surfaces and chewing surfaces of your teeth.
- **Use a fluoride toothpaste.** Fluoride plays a key role in the fight against tooth decay.
- **Do not rinse with water straight after brushing.** Spit out any excess toothpaste instead.
- **Replace your toothbrush every three months.** Brushing with an old, frayed toothbrush will not clean your teeth and mouth properly.
- **Floss at least once a day.** Regular cleaning helps to dislodge food and may reduce gum disease and bad breath by removing plaque that forms along the gum line.
- **Wear a mouthguard when engaging in contact sports.** A mouthguard is recommended even if you only practice your sport occasionally.

Look after your oral health for your happiness and well-being

