

Preventing tooth decay

Keeping teeth healthy in children and adults:

Brush your teeth twice a day; always before bed time and on one other occasion

Use a fluoride based toothpaste for the whole family. As toothpastes vary in the amount of fluoride they contain, the Department of Health recommends the following levels:

- For adults, use between 1350-1500ppm fluoride
- For children aged 3-6 years, use the same strength as above, place a pea-sized amount of toothpaste on the brush
- For children up to 3 years of age, use toothpaste containing at least 1000ppm fluoride, place a smear of toothpaste on the toothbrush

Help your child to brush – children under 6 should be supervised when brushing

After toothbrushing, spit out excess toothpaste, but don't rinse as this washes the fluoride away*

Maintain a healthy mouth in children aged from 7 years through to adulthood by continuing the same routine

Reduce the amount and frequency of sugary food and drinks. They should be limited to mealtimes to reduce the risk of tooth decay in both children and adults.

Adults who have fillings and crowns, exposed roots and/or suffer from dry mouth are at a greater risk of tooth decay. Ask for advice from your dental professional. They may recommend you use a higher level fluoride toothpaste or fluoride mouthrinse to give extra protection against tooth decay*

* Delivering Better Oral Health, Department of Health, September 2007

Here are some simple steps to follow in between visits to your dentist, to reduce the risk of tooth decay and gum disease:

- Brush your teeth twice a day with a fluoride toothpaste
- Change your toothbrush regularly
- Avoid sugary snacks between meals
- Clean between the teeth using floss and interdental brushes
- Visit your dentist regularly



Always read the label

Further information on these products is available from:
Colgate-Palmolive (UK) Ltd; Guildford, Surrey, GU2 8JZ

For further information on Colgate Oral Health Month
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