

## Whitening

- Whitening your teeth is safe if done correctly and by someone who is registered to provide whitening treatments (dentists, some dental hygienists and therapists).

### For more information

[www.gdc-uk.org/Membersofpublic/Illegalpractice/Pages/Tooth-whitening.aspx](http://www.gdc-uk.org/Membersofpublic/Illegalpractice/Pages/Tooth-whitening.aspx)  
[www.dentalhealth.org/tell-me-about/topic/cosmetic-dentistry/tooth-whitening](http://www.dentalhealth.org/tell-me-about/topic/cosmetic-dentistry/tooth-whitening)

### What happens if a child knocks out one of their adult teeth or breaks it?

- If a child has knocked their tooth out they must see a dentist within 2 hours.
- Do not touch the root, gently rinse the tooth
- If considered safe and age appropriate to do so put the tooth back in original position, or in child's cheek or in mother or father's cheek
- If you do not feel comfortable with above or the child will not let you store the tooth in cold fresh milk
- If you are unable to find a dentist call NHS 111 immediately. They can let you know where the appropriate A&E is with a dental team (sometimes these are called maxillo-facial teams).
- Any broken teeth should be assessed by a dentist as soon as possible
- Wear a mouth guard when playing contact sports to prevent injury

### All above information obtained from:

[www.healthysurrey.org.uk/your-health/dental-health/](http://www.healthysurrey.org.uk/your-health/dental-health/)

### Further information on your dental health:

[www.nhs.uk/Livewell/dentalhealth/Pages/Dentalhome.aspx](http://www.nhs.uk/Livewell/dentalhealth/Pages/Dentalhome.aspx)

[www.designedtosmile.co.uk/home.html](http://www.designedtosmile.co.uk/home.html)

[www.cshsurrey.co.uk](http://www.cshsurrey.co.uk)

### For further information on CSH Surrey Children & Families services:

[www.cshsurrey.co.uk](http://www.cshsurrey.co.uk)

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## Dental Health

### Advice For teens and adults



[www.cshsurrey.co.uk](http://www.cshsurrey.co.uk)

### **When should I see a dentist?**

- Visiting your dentist regularly can help keep your teeth healthy.
- Your dentist will guide you on how regular your visits should be.

### **How do I find a dentist?**

- **NHS Choices** will have lists of available dentists in your area
- Speak with family and friends for their recommendations

### **Tooth brushing**

- Brush twice a day for at least two minutes
- Brushing before bed time is the most important
- After you have cleaned your teeth spit the toothpaste out. Do not rinse out as this washes the fluoride in the toothpaste away and it needs to stay on the teeth for as long as possible to help protect the teeth
- Brushes and brush heads should be changed every 2-3 months
- Electric toothbrushes help with brushing but are not essential

### **Which toothpaste?**

- Always use fluoridated toothpaste. The amount should be at least 1350 parts per million (1350 ppm). Read the label to check.
- Avoid whitening toothpastes, as some can be abrasive and rough on the teeth

### **Diet and Decay**

- Too much sugar is not good for our general health and our teeth!
- Fizzy drinks containing sugar are one of the main causes of tooth decay.
- Even diet fizzy drinks will cause erosion and tooth wear. Milk and water are best
- Sugars should not be consumed more than four times per day – remember to count sugars in tea and coffees!
- Even some healthy foods and drinks contain a lot of sugars e.g. fresh fruit juices, dried fruit, honey and cereals. Always read the labels.

### **Dental tooth wear (Erosion)**

- Some foods and drinks that may seem healthy can still lead to tooth wear.
- Keep acidic foods and drinks to a minimum to reduce the risk of tooth wear/keep your teeth strong.
- Foods and drinks that can cause harm include:
  - Diet carbonated drinks
  - Citrus fruits
  - Acidic fresh fruit juices that are consumed more than twice a day (lemon, grapefruit, orange)
  - Fruit teas
  - Alco pops
  - Cider and white wine
  - Some sports drinks (those containing acids)
  - Pickle

### **Mouth Cancer**

- In the UK 38,000 people are living with cancer of the head and neck
- Stopping smoking can reduce the risk of oral cancer
- Reduce alcohol consumption to recommended levels
- Maintain a healthy diet in line with eat well guidelines
- Visit your dentist regularly to check your mouth appears healthy

### **Gum disease**

- The early signs of gum disease are bleeding gums and bad breathe
- In the later stages teeth can become loose and gums can recede
- Poor brushing is one of the main causes of gum disease
- Smoking puts people at more risk of gum disease
- It is especially important for poorly managed diabetics to look after their gums, as they are more at risk of gum disease