



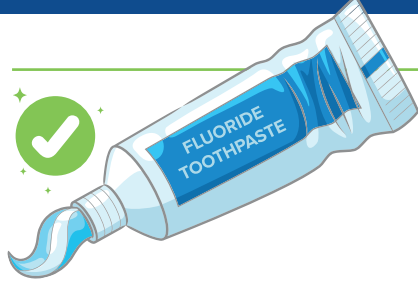
## Sustainability in Dentistry

# Maintaining good oral health is good for YOU and good for the environment

You can help by making small changes that reduce your impact on the environment

Following a good oral health routine and healthy habits helps the environment.

### Prevent Disease



Brush twice a day for 2 minutes.  
Clean between your teeth daily.  
Always use a fluoridated toothpaste.

Avoid frequent **sugary food** and **carbonated "fizzy", flavoured drinks**.

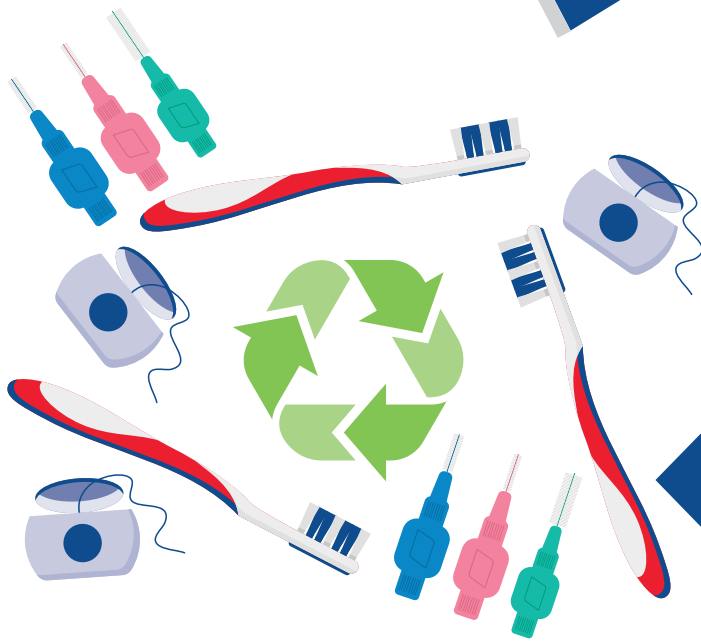
Moderate your intake of alcohol and **quit tobacco** (including vaping and other sources).



### Recycle

Choose toothbrush, toothpaste tubes and packaging made from sustainable materials

**Recycle** packaging, brushes and toothpaste tubes **when possible**.



#### SAVE WATER!

Turn water off while brushing your teeth.  
No need to rinse after brushing.  
Place used floss in the waste bin, **not the toilet**.

### Promote Sustainability

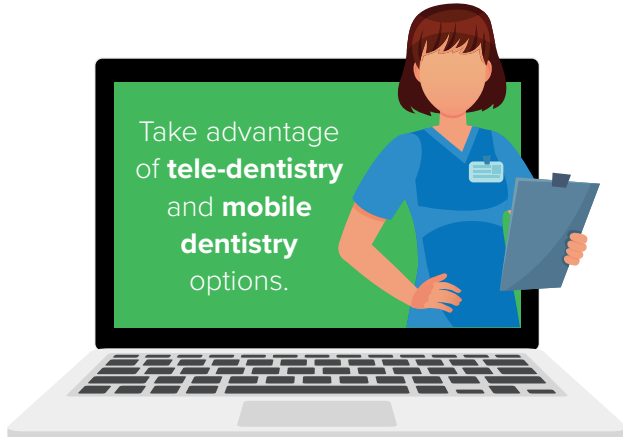


- ✓ Ask your dentist about their sustainability policy.
- ✓ Ask about booking family appointments to reduce the number of trips you take.
- ✓ Ask about combining several appointments (the dental check-up and hygienist cleaning, for example) into one
- ✓ Ask your dentist about a recycling scheme.
- ✓ Ask for electronic invoices and treatment plans

Dentistry has an impact on the environment.



### Reduce CO<sub>2</sub>



Take advantage of **tele-dentistry** and **mobile dentistry** options.

If you are able to, opt to use **public transport, cycle** or **walk** to attend your appointment



The five founding partners of the Sustainability in Dentistry project are Colgate, GSK Consumer Healthcare, Procter & Gamble, Dentsply Sirona and TePe

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Read more about the FDI Sustainability in Dentistry project  
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