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.

Recycle

- Choose toothbrush, toothpaste tubes and packaging made from sustainable materials.
- Recycle packaging, brushes and toothpaste tubes when possible.

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 hygiene cleaning, for example) into one.
- Ask your dentist about a recycling scheme.
- Ask for electronic invoices and treatment plans.

Reduce CO₂

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

Avoid frequent sugary food and carbonated “fizzy”, flavoured drinks.

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

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.

Dentistry has an impact on the environment.

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

Content developed by the Sustainability in Dentistry Task Team: N. Martin, J. Zenk, S. Dartevelle, S. Mulligan.

FDI World Dental Federation
Chemin de Joinville 26 • 1216 Geneva • Switzerland
T +41 22 560 81 50 • info@fdiworlddental.org
www.fdiworlddental.org

Read more about the FDI Sustainability in Dentistry project.
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