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.

**Reduce CO₂**

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

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

**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.*

**Recycle**

Choose toothbrush, toothpaste tubes and packaging made from sustainable materials.

Recycle packaging, brushes and toothpaste tubes when possible.

**Sustainability in Dentistry**

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

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