



My Oral Health Checklist

I brush my teeth twice a day.

TIP Brush your teeth for two minutes, twice a day using a circular motion and either a manual or electric toothbrush with a fluoride toothpaste, to help reduce your risk of tooth decay and gum disease.

I use fluoride toothpaste with a concentration of

1,000–1,500 ppm

5,000 ppm

TIP Brush your teeth using a toothpaste containing fluoride. Check the packaging before buying your toothpaste to ensure it contains the correct amount.

I use the right amount of toothpaste.

TIP Use a small pea-sized amount of toothpaste to keep your teeth and mouth healthy.

I limit rinsing my mouth with water after brushing my teeth.

TIP Don't rinse your mouth with water straight after brushing, spit out any excess toothpaste instead. This keeps the concentrated fluoride on your teeth and increases its preventive effect.

I clean the spaces between my teeth.

TIP Ask your dentist how to clean between your teeth using floss or other interdental cleaners, as they can be beneficial to oral health. Regular cleaning between teeth cannot only help to dislodge food, but may also reduce gum disease and bad breath by removing plaque that forms along the gum line.

I maintain my prosthesis by removing it daily and cleaning it with a soft-bristled toothbrush.

TIP Maintain the hygiene of your prostheses and oral soft tissues. Make sure to remove the denture and clean it thoroughly with a soft-bristled toothbrush. You may consider leaving the denture out overnight and soak it in a suitable denture cleaner. Metal-based dentures should not be soaked in cleaners containing hypochlorite solutions.

I eat a healthy diet, with limited snacking of foods and drinks high in sugar.

TIP Limit your daily intake of sugars to approximately 12 teaspoons (50g). For additional health benefits, including the prevention of dental caries (tooth decay), limit your intake to 6 teaspoons (25g). Consuming excessive amounts of sugar from snacks, processed food, and soft drinks is a leading risk factor for oral disease.



I avoid tobacco and limit my alcohol intake.

TIP Don't use tobacco and limit your alcohol consumption. Tobacco and alcohol put your mouth at an increased risk of gum disease and oral cancer. Tobacco can also cause teeth staining, bad breath, premature tooth loss, and loss of taste and smell. Excessive alcohol drinking can lead to injury, often to the mouth and teeth, and can cause dental caries due to the acidity and high sugar content of alcoholic drinks.

I attend regular dental check-ups

Every 3 months Every 6 months Every 12 months _____

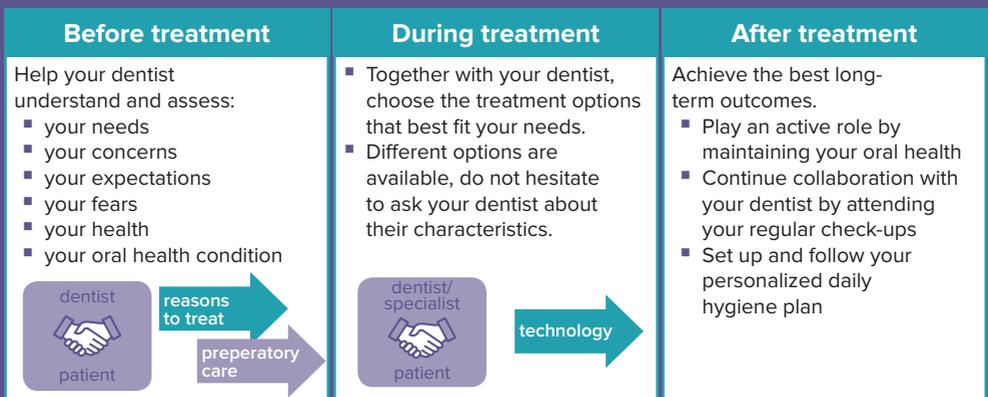
TIP Go for a dental check-up and/or cleaning at least once a year. Your dentist/primary healthcare provider can advise on how regularly you need to book an appointment, depending on your specific needs. Don't forget to schedule a dental check-up to evaluate your oral health, even if you are edentulous.

Personalized recommendations

Making the best of your appointment with your dentist

You may be feeling anxious before your visit to the dentist. To help make it a stress-free and easy experience, read through the following tips and tricks:

- ▶ **Why not bring along a trusted family member or a friend?** They can help you remember any advice and directions from your dentist, and it's always good to have someone to discuss your treatment options with.
- ▶ **Why not write down any questions you may have before your appointment?** This way, you will have a prompt to help you when you are in the dental clinic.
- ▶ **Don't feel embarrassed to ask questions.** If you feel unsure or if something isn't clear, ask your dentist to explain in more detail.



TAKE OWNERSHIP OF YOUR TREATMENT

PLAY AN ACTIVE ROLE IN YOUR ORAL CARE

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