

Looking after my Teeth and Gums

An Easy Read guide



Version 2 - updated May 2016



Choosing the
right toothbrush



Brushing your
teeth and gums



Going to the
dentist



Healthy
Eating

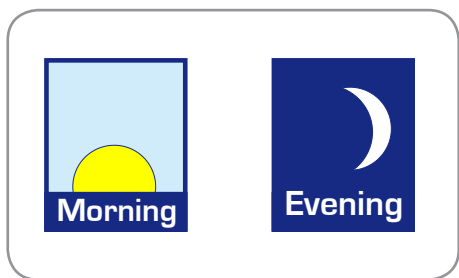


Looking after
false teeth

Some useful advice about brushing your teeth and gums.



It is important to brush your teeth at least twice a day.



Brush your teeth in the morning after breakfast and at night before you go to bed.



Even if you have no teeth it is important to brush your gums. Brush them twice a day with a soft toothbrush and toothpaste.



Use a fluoride toothpaste. Dental floss and mouthwash also help to keep your teeth and gums healthy.



Brush for at least 2 minutes each time. Your dentist can show you how to brush your teeth properly.

It is important to choose the right toothbrush.



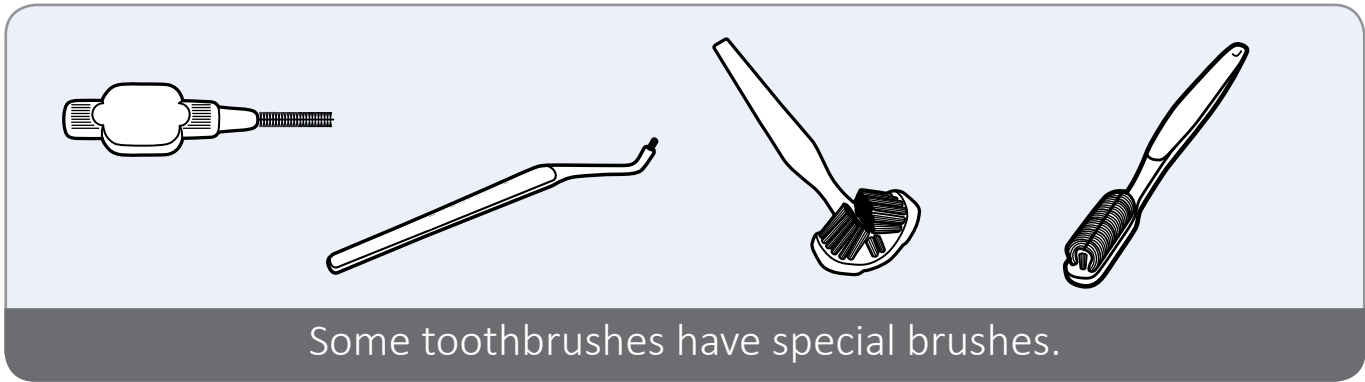
Your dentist can help you to choose the right toothbrush.



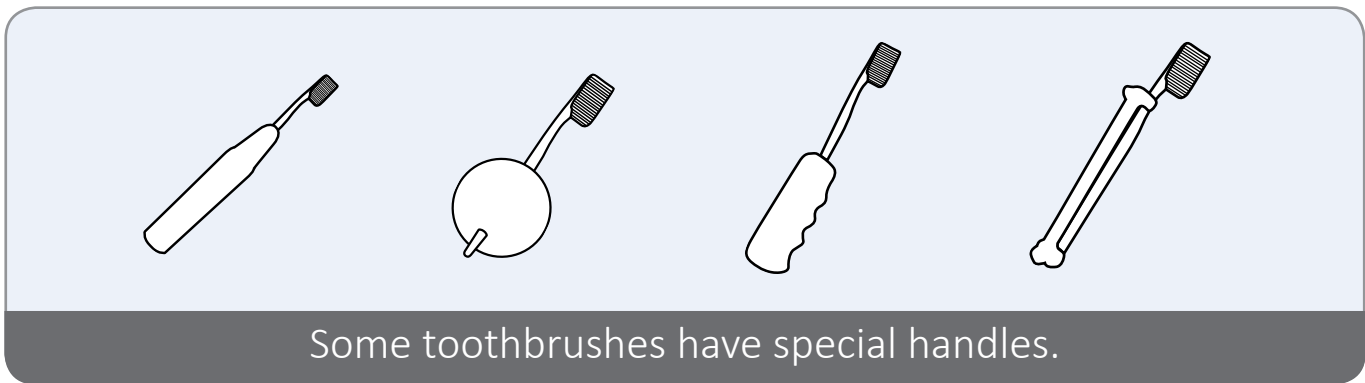
Some people find electric toothbrushes easier to use.

There are lots of different special toothbrushes.

Your dentist can help you choose the right one to use.



Some toothbrushes have special brushes.



Some toothbrushes have special handles.

It is important to go to your dentist surgery at least once a year for a check up.



Your dentist will tell you if you need to go more often.

The easyhealth website has a film about going to the dentist.



Go to:

www.easyhealth.org.uk

Then click 'T' from the A-Z and choose 'Teeth'.

Your dentist surgery can help you in lots of ways, such as:



- Cleaning your teeth.
- Checking if your teeth and gums are healthy.
- Fixing your teeth and doing fillings.
- Helping with false teeth.
- Telling you how to look after your teeth.

Some people can get dental care from a Special Care Dentist Service.

This is for people who need extra support at the dentist.



There should be a Special Care Dentist Service in your area.



Phone: **111**

To talk to the NHS about your health needs.

Web: **www.nhs.uk**

Visit the NHS Choices website to search for special care dental services in your area.

A special care dentist can help many different people, including:

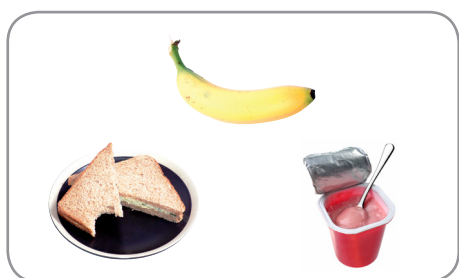


- Autistic people.
- People with a learning disability.
- People with a physical disability.
- People who have a visual or a hearing impairment.
- People who get very worried.

Advice about how to look after your false teeth.



It may take time to get used to your false teeth if they are new.



It will take time to get used to eating with your false teeth. Start by eating soft foods and build up to eating harder foods.



Take your false teeth out at night when you go to bed. This gives your gums a rest. Keep your false teeth in a denture box.

Always clean your false teeth over a sink of water so if you drop them they will not break.



Clean your false teeth every day with a toothbrush. Use soap and water or a denture toothpaste.

If your false teeth are making your mouth sore ask your dentist for advice.



To keep your teeth and gums healthy it is good to eat less sugar.



Try to choose foods and drinks that have less sugar in them.

Some foods have sugar added to them.



These are some of the foods that have sugar added to them.

Some drinks also have sugar added to them.



Some juices, squash and fizzy drinks have added sugar. Choose 'diet' or 'low sugar' drinks.

Try not to have sugar in your tea and coffee.



Some food and drink have less sugar in, so are better for your teeth.



Below are examples of food and drink with less sugar.

Try to eat and drink more of these kinds of things and less sugary snacks during the day.



Nuts and seeds



Milk



Unsweetened popcorn



Water



Dips like hummus



Vegetables



Fruit

For more Easy Read health information for people with learning disabilities in Surrey, go to: www.surreyhealthaction.org

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