

# Oral Health Promotion Website

## Top tips for healthy teeth:

- Brush twice a day; last thing at night is most important.
- Use a smear of toothpaste for under 3 years & a pea size for over 3 years.
- Use toothpaste containing 1,350 - 1,500 parts per million fluoride for maximum protection.
- Spit your toothpaste out after brushing, but do not rinse.
- Reduce sugar in your diet and keep to mealtimes only.
- Visit your dentist for regular check-ups.

For more information please scan the QR code:

