

Top Ten Tips for good oral hygiene

Healthy and
more confident
smile

*Love your
teeth*



Tip 1

Brush twice a day for 2 minutes and don't forget to brush your gum line



Tip 2

Clean between your teeth, floss every day



Tip 3

Don't harbour bacteria in your toothbrush – change it every 3 months



Tip 4

Strengthen tooth enamel & prevent decay by using toothpaste with fluoride



Tip 5

Don't brush your teeth for an hour after drinking acidic drinks



Tip 6

Use a straw to drink sugary or acidic drinks



Tip 7

Limit the number of sugary snacks attacking your teeth between meals



Tip 8

Sugar free gum after meals freshens your breath and neutralises acids



Tip 9

Protect your teeth and wear a gum shield for contact sports



Tip 10

Visit your dentist and hygienist regularly for check-ups



Denplan

At the heart of dental care

More reasons to smile with Denplan

A dental plan with more

♥ Health and Wellbeing campaigns

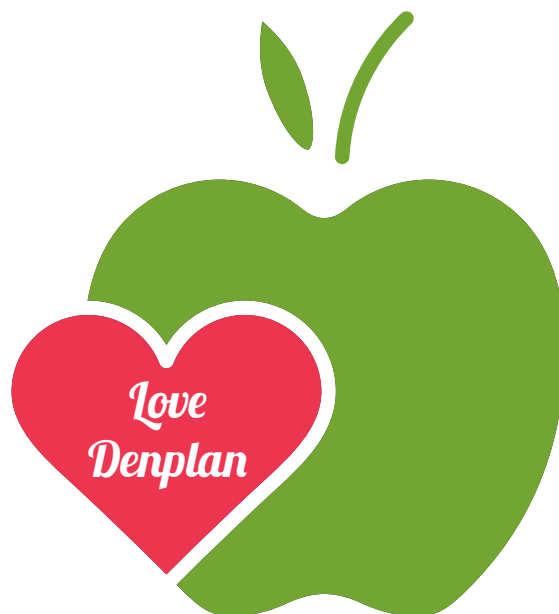
Our 2016 calendar shows the H&W campaigns that we will be supporting through the year. Each one focuses on general health and wellbeing and highlights the contribution that good oral health plays for everyone. Download your copy here www.denplan.co.uk/wellbeingcalendar

♥ Check your oral score

My Dental Score is a free assessment tool for people to find out the state of their oral health. You will be provided with a personalised summary, highlighting any potential risks. www.denplan.co.uk/mydentalscore

♥ Dental advice at your fingertips

In between visiting your dentist have a look at our dedicated oral health website, where you can find oral health tips, latest news and offers. www.denplan.co.uk/myteeth



♥ Online claiming

You will have access to our online claiming service where you can submit, view and track all of your claims. www.denplan.co.uk/corporateclaims

♥ Find a Dentist search

Our find a dentist service helps you to locate your nearest Denplan dentist to home or work. It also details additional information about the practice such as extended hours. www.denplan.co.uk/findadentist

♥ Denplan Discount Network

An exclusive network of around 2,000 dentists dedicated to offering dentistry at a discount, making your dental care even more affordable. www.denplan.co.uk/ddn



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