### Top Tips:

- **Brush your teeth last thing at night and at least one other time during the day with a fluoride toothpaste.**

- **Spit out after brushing and do not rinse. Leaving the fluoride on your teeth makes them stronger.**

- **After eating, wait for one hour before brushing your teeth.**

- **Use dental floss or interdental brushes to clean between your teeth once a day.**

- **Change your toothbrush every 3 months.**

- **Cut down how much and how often you have sugary foods and drinks, especially between meals.**

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#### Oral Health Foundation

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