

YOUR ORAL HEALTH

PREVENT CHIPPED OR BROKEN TEETH

BREAK THE HABIT.... NOT YOUR TEETH



Tooth enamel protects the tooth. Although it is the hardest substance in the body, even it has limits. If you are in the habit of using your teeth as a tool, you might end up with a chipped or broken tooth. Do not take your teeth for granted.

Before you use your teeth to rip something open – stop. Find the right tool to help you out.



Brush your teeth and gums gently with a soft bristled toothbrush. Hard bristles can wear down enamel and irritate your gums.



The habit of biting your fingernails or chewing on something like a pencil, can weaken your teeth over time.



Limit sweets, sugary foods and sugar-filled drinks. Sugary treats can cause tooth decay, and chewy jelly-like sweets can stick to your teeth for hours.



The good oral hygiene habits that can make your teeth last a lifetime:
 Visit your dentist at least once a year for a dental check-up and preventative care
 Brush your teeth every morning and every night
 Floss every day to clean between your teeth

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