

YOUR ORAL HEALTH

MAKE YOUR TEETH LAST A LIFETIME



BRUSH YOUR TEETH BEFORE BEDTIME

Do not go to bed at night without brushing your teeth



Brush your teeth and gums gently with toothpaste and a soft toothbrush every morning and every night for at least two minutes at a time.



During the day, bacteria and plaque build up on your teeth and gum line. The longer plaque remains on your teeth, the more likely it is to cause cavities.

If you brush your teeth before bedtime it will help to prevent bad breath, gum disease, tooth decay and cavities.

After you brush your teeth at night, do not eat or drink anything other than water.



Visit your dentist at least once a year for a dental check-up.

If you have the benefit available, a DENIS Dental Network practice will not charge you anything extra for conservative dental treatment, i.e., consultations, basic prevention, fillings and extractions. Find a Network practice in your area—search on the DENIS website: www.denis.co.za