

# YOUR ORAL HEALTH

MAKE YOUR TEETH LAST A LIFETIME

## PRACTISE A GOOD ORAL HYGIENE ROUTINE

Taking care of your oral health is important. Follow these healthy habits to prevent tooth decay (caries) or gum disease:



Brush your teeth for 2 minutes twice a day



Use fluoride toothpaste



Floss every day



Use a mouth rinse



Limit sugary and acidic foods



Eat crunchy fruit and veg



Drink enough water



Continue with regular dental visits

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Dental Benefit Queries? Call 0860 10 49 33