



Brushing harder does not
mean cleaner teeth.

Protect Your Teeth

Brushing too hard can damage your teeth and gums.
This is called toothbrush abrasion.
It can lead to sensitive teeth,
worn enamel, and receding gums.

Wait before you brush

Wait for 30 to 60 minutes before you brush your teeth after having food or drinks that are acidic or have a lot of sugar. This include:

- Soft drinks, sports drinks, wine, milk
- Citrus fruit or juice
- Sour jelly sweets
- Tomatoes, vinegar-based foods

Remember your routine

- Brush your teeth with fluoride toothpaste for two minutes, every morning and every night.
- Floss every day to clean between your teeth.
- Make it a habit to rinse your mouth with water after every meal or snack.

Choose wisely

- Replace your toothbrush at least once every four months or if the bristles are worn out.
- Choose a small- to medium sized toothbrush.
- Switch to a toothbrush with soft bristles.
- Avoid abrasive toothpaste such as tooth whitening types.

Be gentle

- Brush your teeth and gums gently in small circular motions.
- Do not press hard while brushing.
- Never scrub your teeth.

**Visit your dental healthcare practitioner* at least once a year
for a check-up and professional cleaning (scale and polish)**

*Dental accounts for Universal & EDO members are only paid if treatment is done by a dentist, dental therapist, or oral hygienist on the DENIS Dental Network. Always ask the dental practice if they are still on the Network. Find a Dental Network practice in your area – search on the DENIS website: www.denis.co.za