



Wincanton Dental Practice

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Top Tips to help you avoid Dental Treatment:

- When you treat yourself to something sweet, do so at mealtimes. Sugar turns to acid in the mouth, taking 45 minutes to return to normal levels. Frequent snacking doesn't let your mouth recover.
- Chew sugar free gum. This makes saliva flow, protecting teeth and gums against destructive bacteria and acid.
- Remove plaque by brushing making sure you cover every surface of your teeth & flossing every day, Everyone has plaque which is harmful to teeth and gums.
- Spit out toothpaste, but don't rinse your mouth after brushing. The retained toothpaste will leave a coating on your teeth. Choose a fluoride paste which will protect your teeth and gums from acid and plaque.
- Drink water. Fruity drinks may sound healthy, but fruity and fizzy drinks all contain acid which dissolves over your teeth over time and then causes decay.