



**Straight from the
horse's mouth...**

**Healthy teeth are
where it's at...**

Make a habit of brushing
your teeth and watch what
you eat and drink.






Dental Health Foundation
Ireland



**For tips please
turn over**

Visiting your dentist will help guard against tooth decay & gum disease.

13-17 years

- ✓ Brush twice a day for 2-3 mins with a fluoride toothpaste (at least 1,000ppm) 
- ✓ Use a soft/medium toothbrush and fluoride toothpaste
- ✓ Spit, don't rinse after brushing
- ✓ Floss daily
- ✓ Choose healthy snacks and drinks between meals 
- ✓ Limit 100% fruit juices and smoothies to meal times
- ✗ Avoid sugary snacks and drinks including sports drinks 

18 years +

- ✓ Brush twice a day for 2-3 mins with a fluoride toothpaste (at least 1,000ppm) 
- ✓ Floss daily
- ✓ Spit, don't rinse after brushing
- ✓ Choose healthy snacks and drinks
- ✓ Limit 100% fruit juices and smoothies to meal times
- ✗ Avoid high sugar drinks including sports drinks
- ✗ Smoking and alcohol are risk factors for mouth cancer 

Teenagers with additional care needs may need advice from their dental team.