|  |  |  |
| --- | --- | --- |
| A picture containing newspaper, text, sign  Description automatically generated |  | A close up of a logo  Description automatically generated  SELF CARE ADVICE FOR YOU AT HOME DURING COVID-19 PANDEMIC |
| A picture containing fruit, food, lettuce  Description automatically generated  **ADVICE OR PRESCRIPTIONS ARE AVAILABLE FROM YOUR DENTIST AT**  **THIS CURRENT TIME.** CONTACT **PHONE:**  **01752 500959**  **WEBSITE:**  **Centralparkdentist.co.uk**  **EMAIL:**  **cpdental@btconnect.com** |  | GOOD ORAL HEALTH AT HOMETOOTH BRUSHING-  * Twice a day for two minutes, with a manual or electric toothbrush. * Brush the teeth and gums and have the toothbrush bristles at a 45-degree angle. * Make sure your toothbrush bristles are not flared out, if so, time to buy a new brush or brush head. * Toothpaste should have the following fluoride amount * Adult- between 1350 and 1500 PPM * Children 0-6 years old 1000ppm * **SPIT** and **DO NOT RINSE** after brushing, the longer you leave the toothpaste in your mouth after brushing, the more fluoride protection your teeth are getting.  MOUTHWASHUse daily.  * **DO NOT USE** the same time as tooth brushing. * Parents to advised children on spitting not swallowing of mouth wash.  INTERDENTAL CLEANING-FLOSS OR TEPE’S  * Use daily before or after toothbrushing * Make sure you have the correct size of tepe * Online advise is available on all hygiene techniques if you are unsure.   **TAKE CARE AND STAY SAFE** |
|  |  |  |