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| A picture containing newspaper, text, sign  Description automatically generated |  | A close up of a logo  Description automatically generatedSELF 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 HOME TOOTH 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.

MOUTHWASH Use 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** |
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