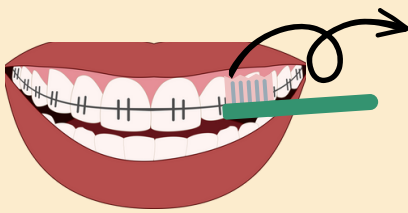


TIPS TO CARE FOR

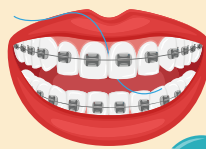
1. BRUSHING (2-3MINS)



1. Position the toothbrush 45 degree towards the gum line.
2. Brush on the gum line
3. Brush above the bracket
4. Brush under the bracket & wire

2. FLOSSING (1/DAY)

Clean in between your teeth with these oral aids:



Superfloss



Interdental brush and end tufted brush

3. USE OF FLUORIDE



Fluoridated toothpaste (1450ppm)



Fluoride mouth rinse (without alcohol content)



8 glasses of water a day (approx 2 litres)



Rinsing mouth after every meal

4. RECOMMENDED DIET

Soft diet, non-sticky, non-sugary foods are advisable.



Scan the QR code for healthier foods options



WHAT HAPPENED IF YOU DO NOT TAKE CARE OF YOUR TEETH...



Bacteria

+



Foods/drinks/sugar

=



Acid



Healthy Tooth

+



Acid

=



Tooth decay

WHICH SET OF TEETH DO YOU WANT?

Healthy gums and teeth



Good oral hygiene

Bleeding gums



Cavities

Due to poor oral hygiene