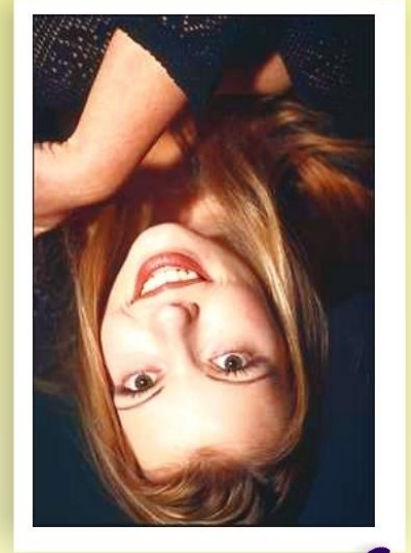


Your smile and fresh breath are a vital part of your image. You don't want people backing away from you because your breath smells bad or not being able to look at you properly because they see your lunch still between your teeth!



Your Image

As you get older, your image becomes more important. You may want to impress your friends, that new boy or girl you have just met, pass that college interview, or even your first job interview. Whatever the reason, image becomes very important.

Smoking

Smoking can cause tooth staining, gum disease, tooth loss and mouth cancer. It is also one of the main causes of bad breath.

Fizzy Drinks

All fizzy drinks contain acids. These acids dissolve tooth enamel and cause decay if you drink them often and/or in large quantities. Avoid regular consumption and use a straw with fizzy drinks as this puts the drink to the back of your mouth and reduces the acid attacks on your teeth.

Tongue piercing

Tongue piercing is potentially dangerous, it can lead to infection, swelling and profuse bleeding. The stud can knock against the teeth when chewing, cracking and chipping the teeth which then may need to be filled.

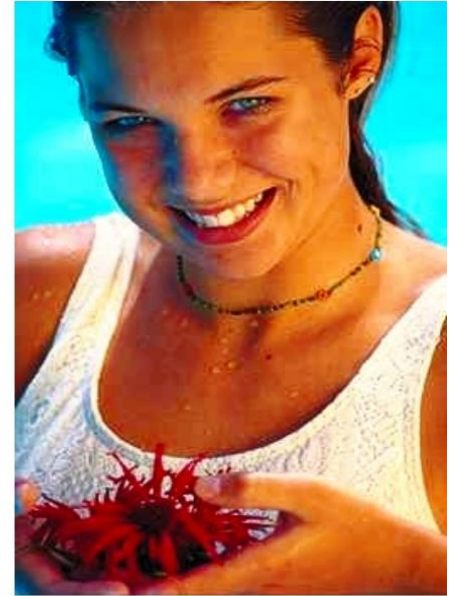
Lifestyle



Tip

Sugar-free gum chewed after eating helps make more saliva. Saliva neutralises the acids which form in your mouth after eating.

Your teeth play an important part in your image. You therefore need to take care of your teeth.



What can you do to ensure a healthy smile?

- 😊 Visit the dentist regularly. It is recommended you visit twice a year.
- 😊 Clean your teeth twice a day. After breakfast and before you go to bed at night. Use a small amount of toothpaste with gentle circular movements of the brush. Aim to brush for 2 minutes, and don't forget the edges of your teeth. A disclosing tablet will tell you where you have missed!
- 😬 Using a fluoride toothpaste will strengthen your teeth, speak to your dentist about this.
- 😬 Floss your teeth once a day to help remove food & plaque from between your teeth.
- 😬 You may wish to use a mouth rinse for added protection.
- 😬 Limit sugary foods & drinks to mealtimes.
- 😬 Replace your toothbrush regularly, at least every 2 months.
- 😬 You may need orthodontic treatment ie braces, don't worry this is temporary and will improve your smile. Many famous film stars have had their teeth straightened to improve their appearance. You must however carefully follow the dentist's instructions. It is very important that you thoroughly clean your teeth to avoid long-term damage to the appearance of your teeth.
- 😬 Using a mouthguard will help protect you from damaging or breaking teeth when playing sports. Talk to your dentist about this.
- 😬 Don't smoke! Smoking gives you smelly breath and can cause gum disease and mouth cancer.