

# Dental care

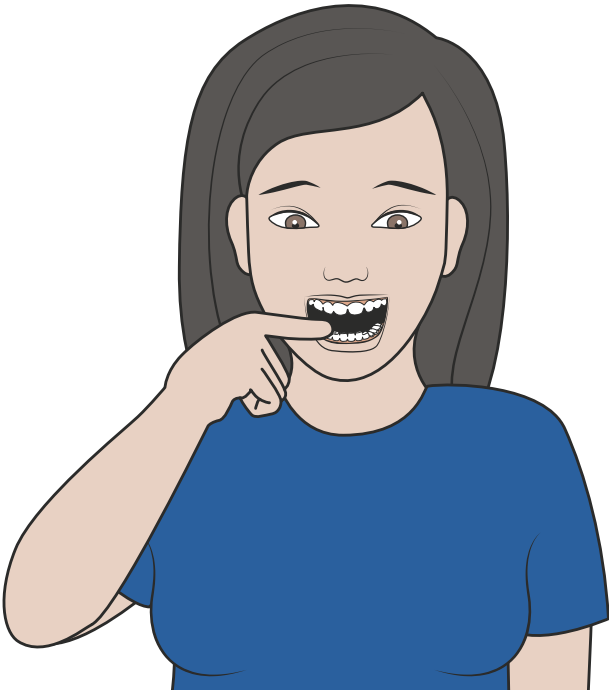


Why and how ?



# Why should I take care of my teeth ?

So I don't get cavities.



So I don't get gum infections.

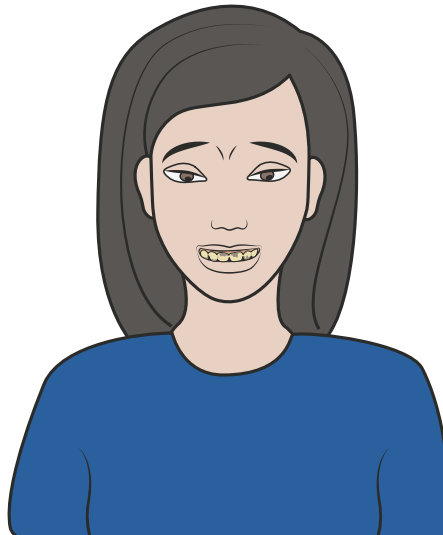


## If my teeth are damaged :

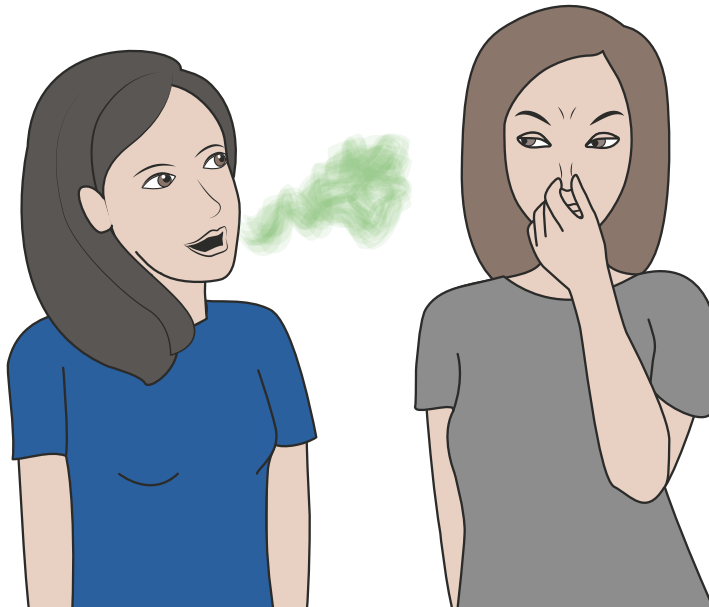
- it may be painful



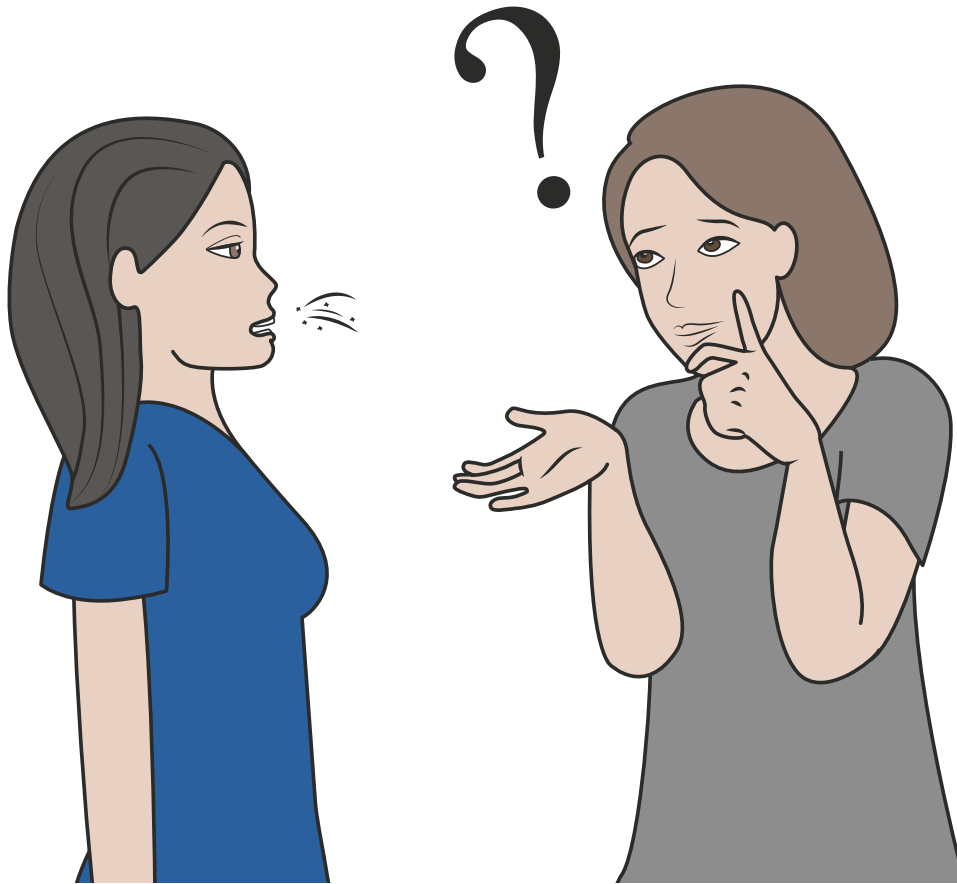
- my smile might not be as pretty



- I could have bad breath



- I could have difficulty speaking



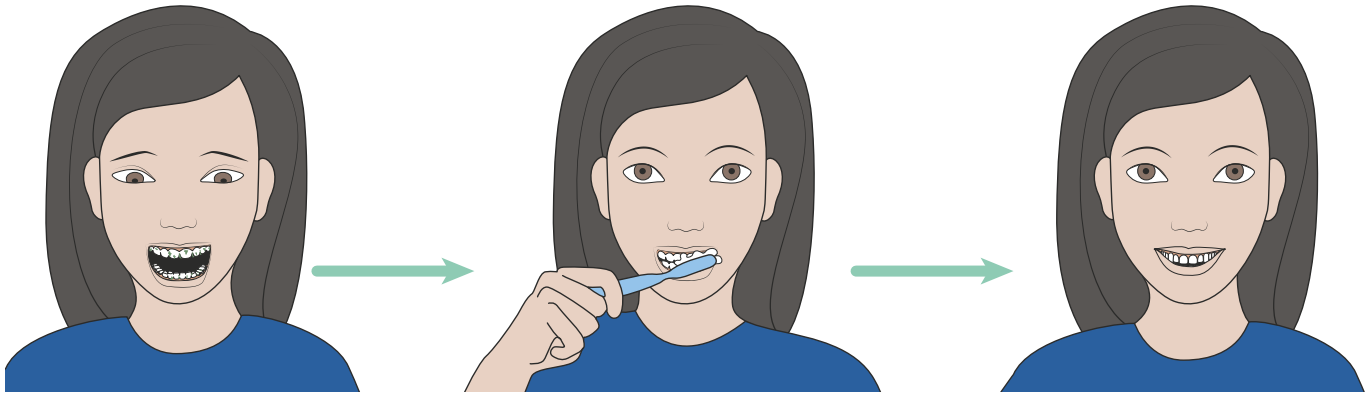
- I could have difficulty eating



# To take care of my teeth, make sure to brush them

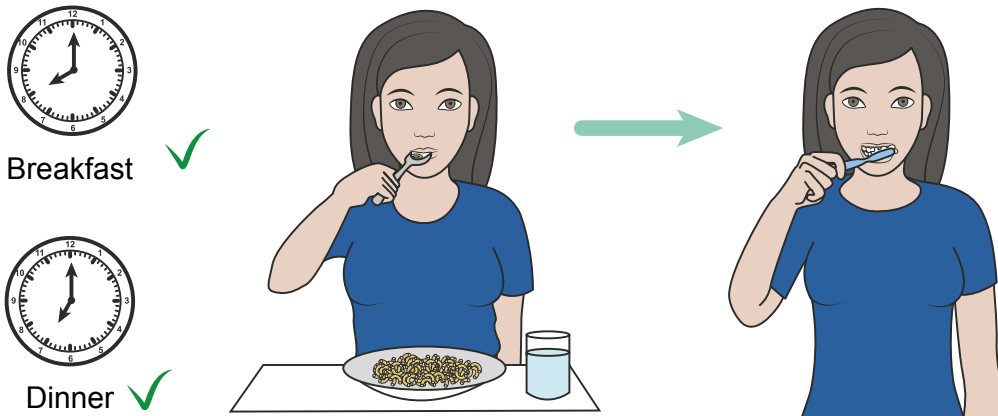
Brushing my teeth prevents cavities.

- Brushing removes food stuck to my teeth.

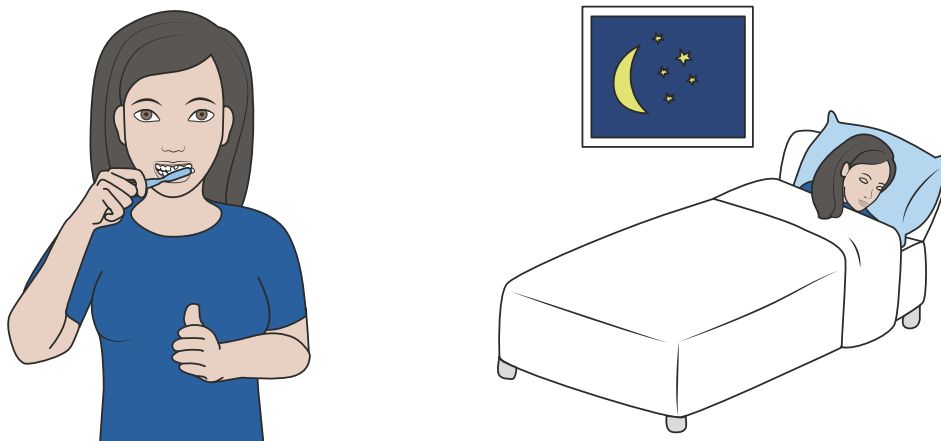


I should brush my teeth twice a day.

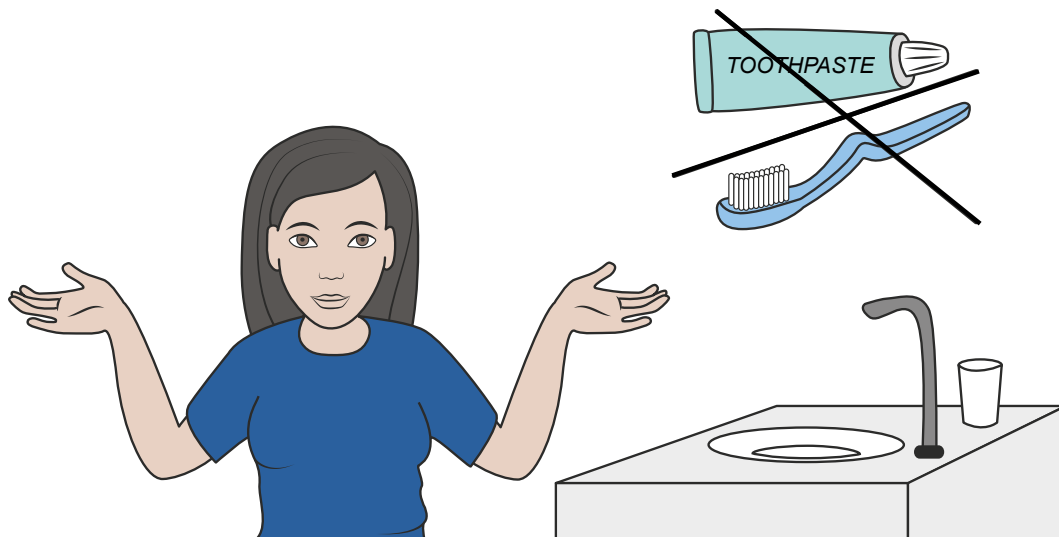
- Try to do so after meals.



- Brushing in the evening, after dinner, is very important.



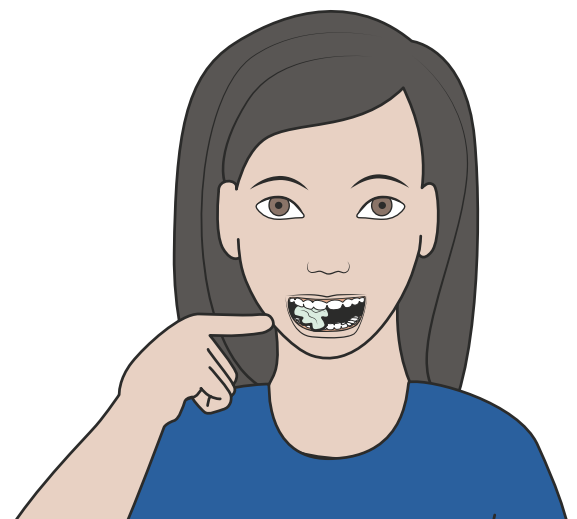
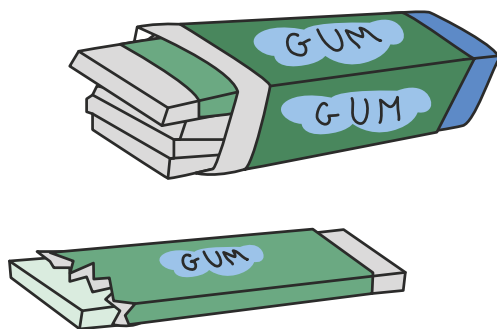
## If I cannot brush my teeth :



- I will rinse my mouth out with water after eating.

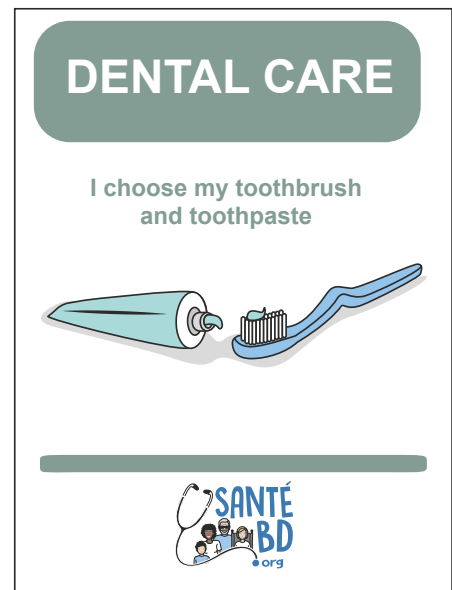


- Chew sugarless gum.  
Chewing gum creates saliva. It's good for my teeth.



## Choosing my toothbrush and toothpaste.

Look at the page on how "to choose my toothbrush and toothpaste".

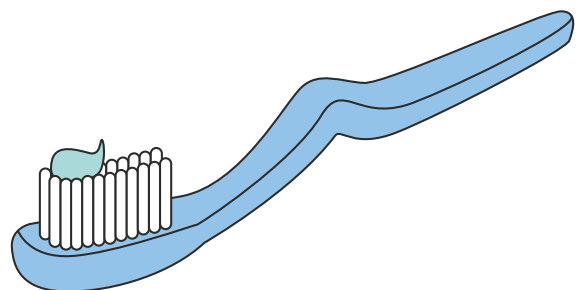
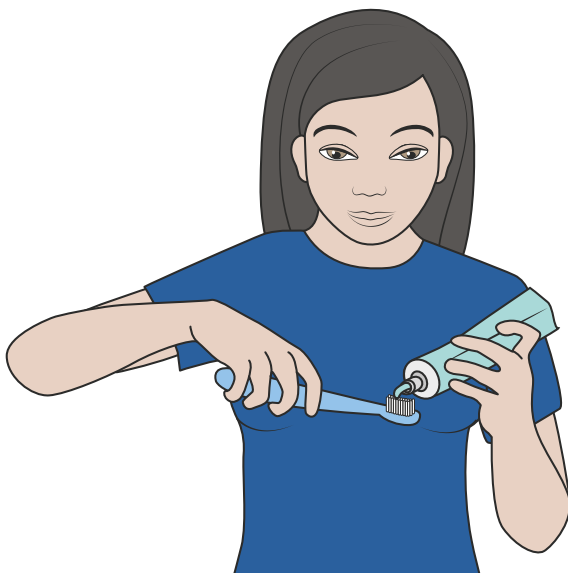


I do not wet the toothbrush before putting toothpaste on it.

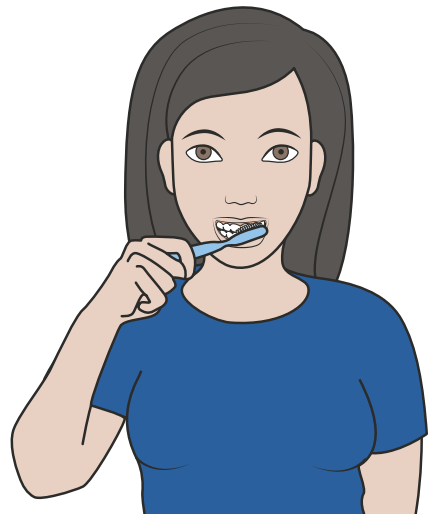
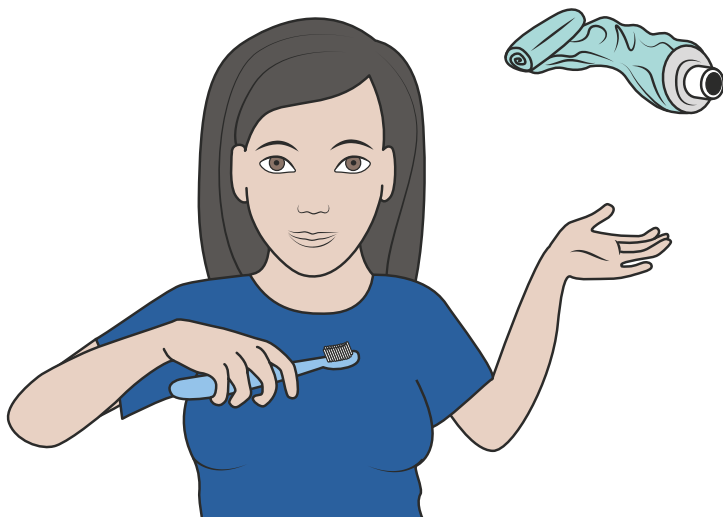
- This is more effective



I put a little toothpaste on the toothbrush.



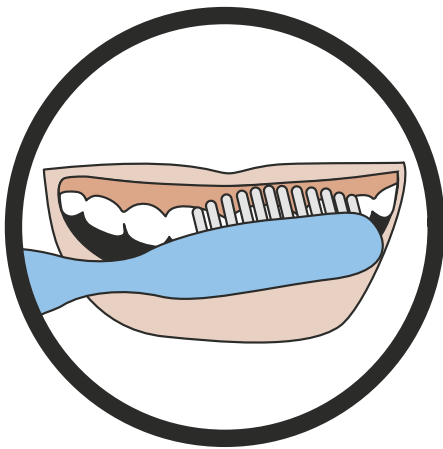
**If I don't have toothpaste, I can brush my teeth anyway.**



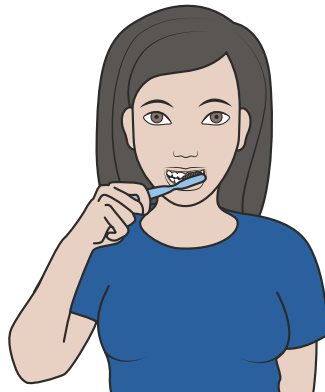
**To brush my teeth correctly.**

- **I always start with my gums and brush towards my teeth.**

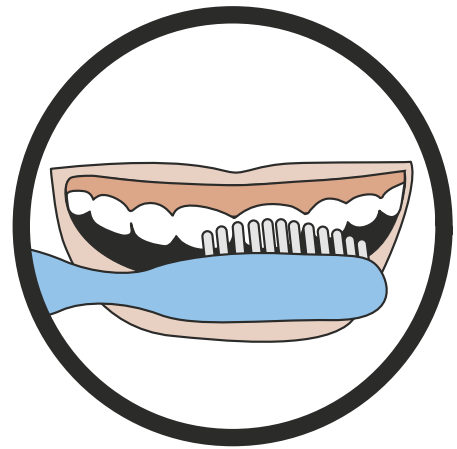
**I start with the gums**



**Lower jaw**



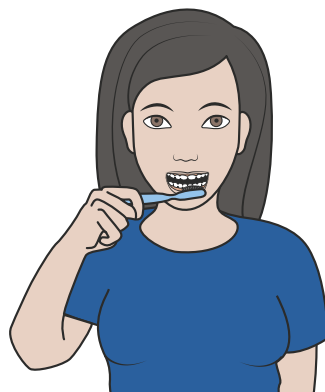
**And then move up to the teeth**



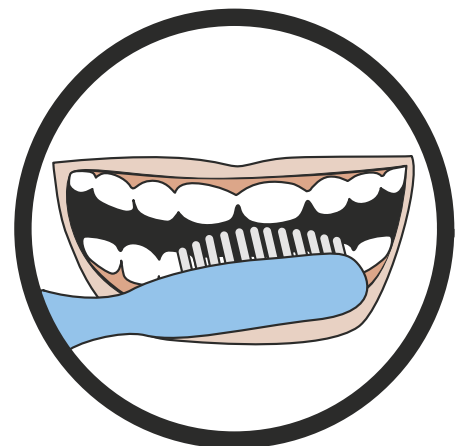
**I start with the gums**



**Upper jaw**

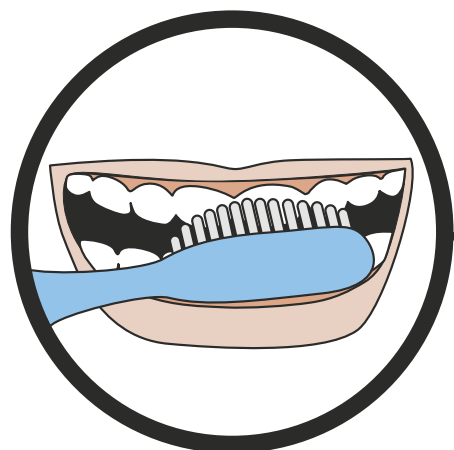


**And then move up to the teeth**

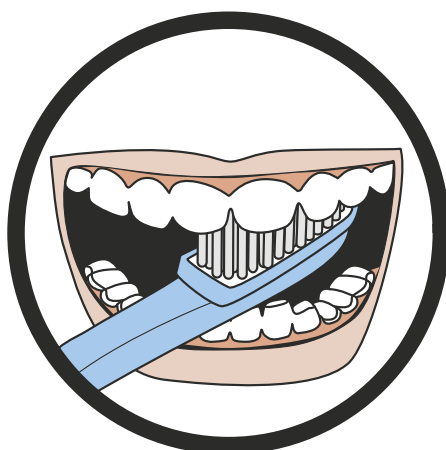


- For each tooth, I brush :

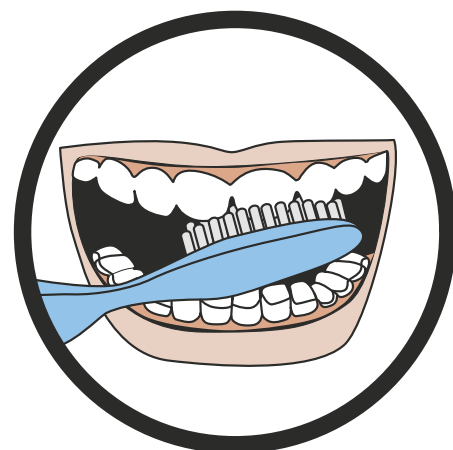
in front



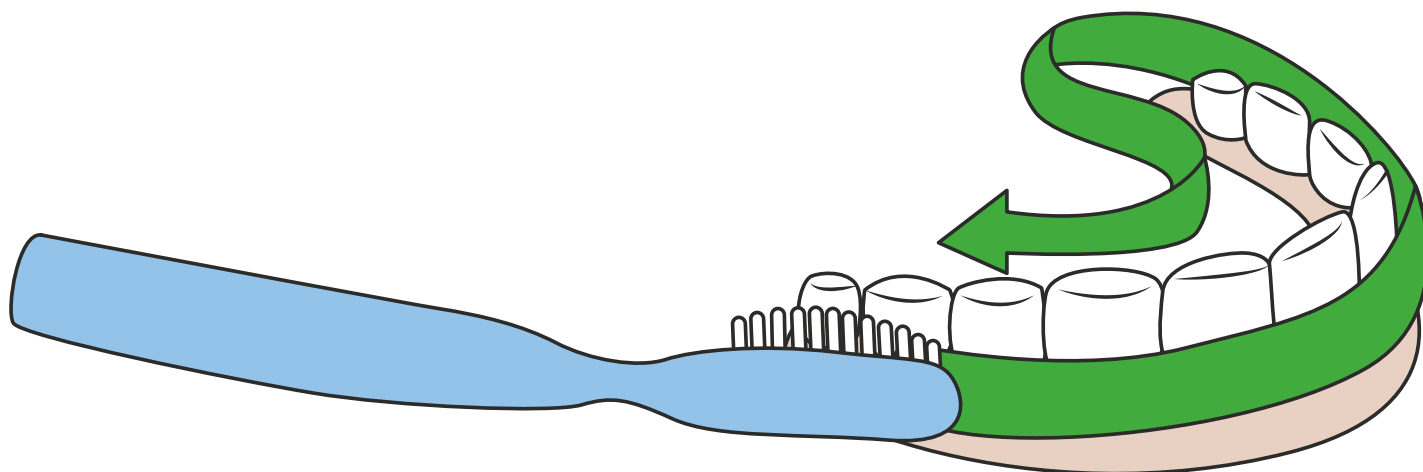
behind



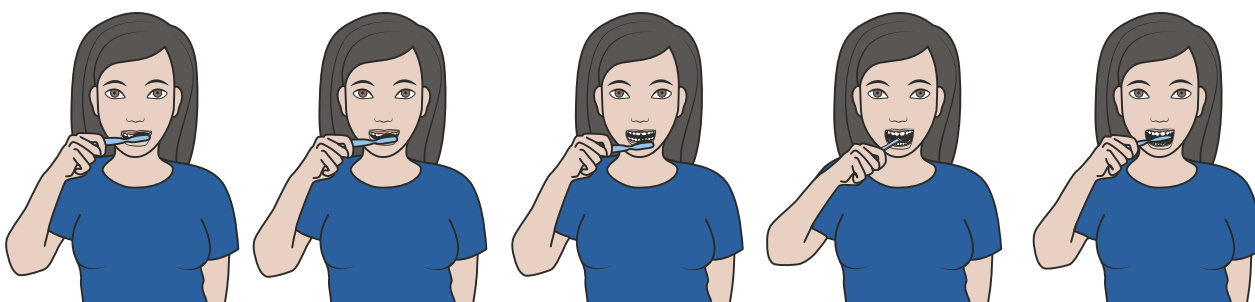
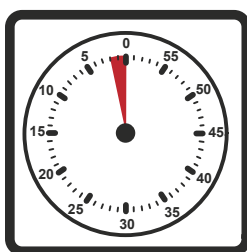
on top



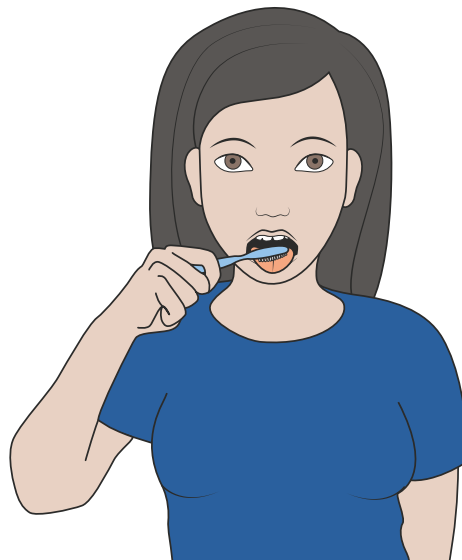
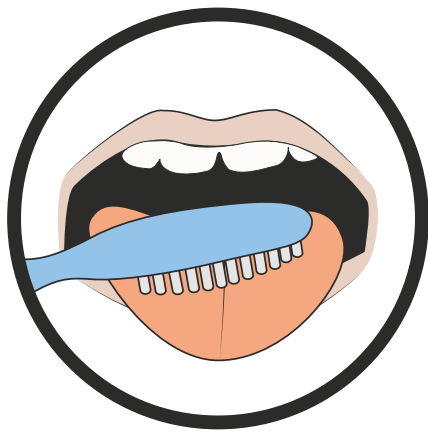
- To make sure that I have brushed all of my teeth, I brush in this direction :



- Brushing should take at least two minutes.



- If I can, I also brush my tongue.

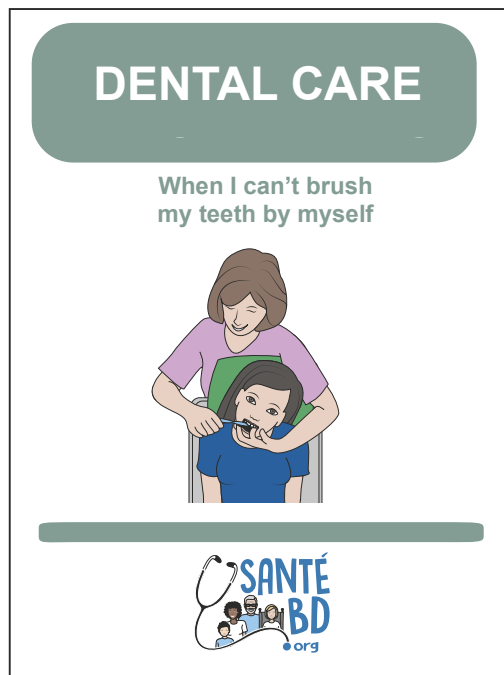


**When I'm done, I rinse my toothbrush.**



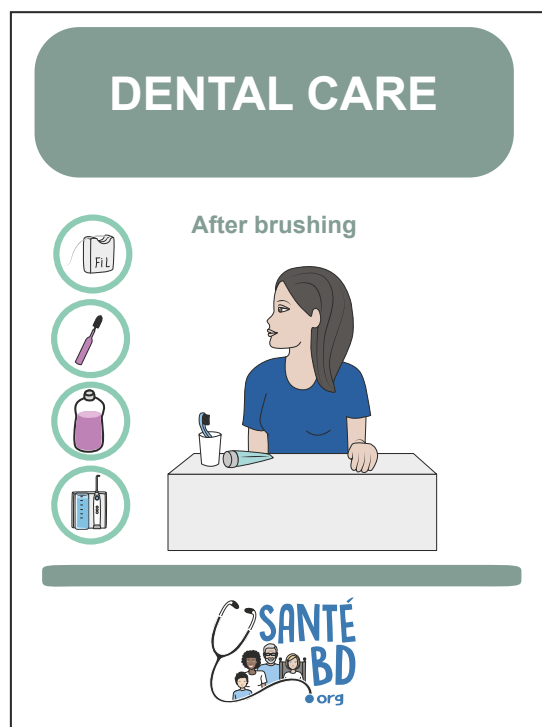
**If I cannot brush my teeth by myself.**

**Read the page on "when I can't brush my teeth by myself".**



**After brushing, there are other ways to clean my teeth.**

**Read the page on "after brushing".**

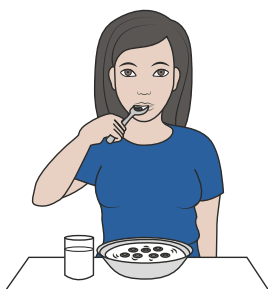


# Eating well helps my teeth

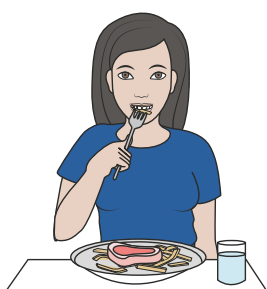
I only eat during meals.



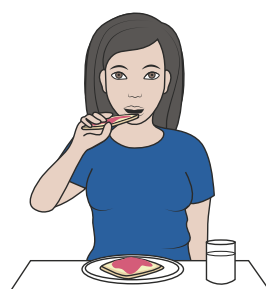
Breakfast



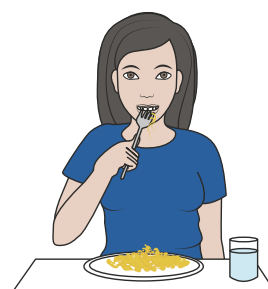
Lunch



Snack time

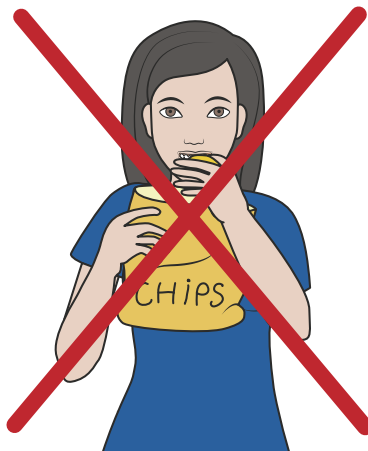
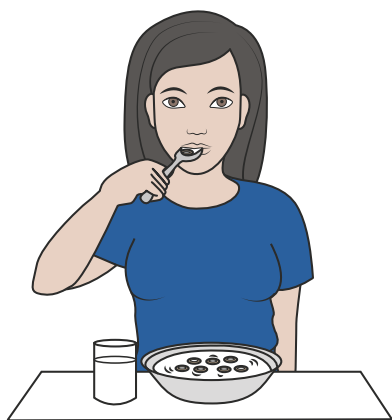


Dinner

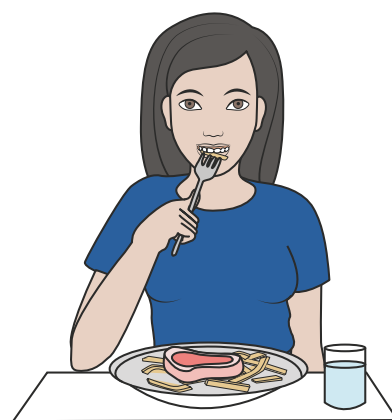


I don't eat between meals.

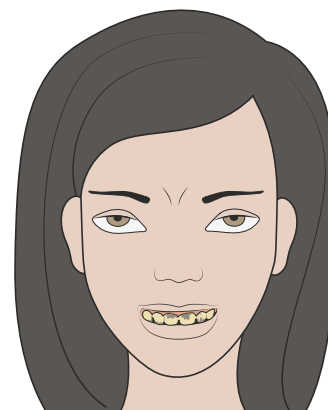
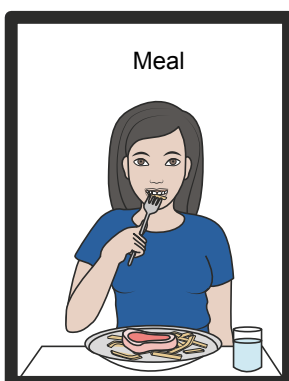
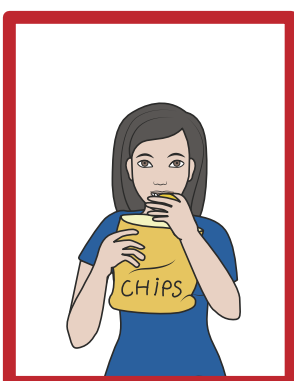
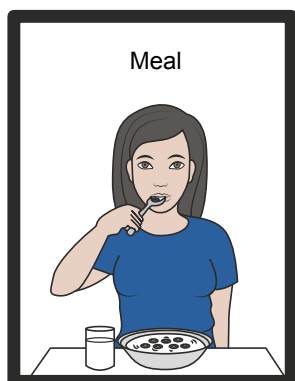
Meal



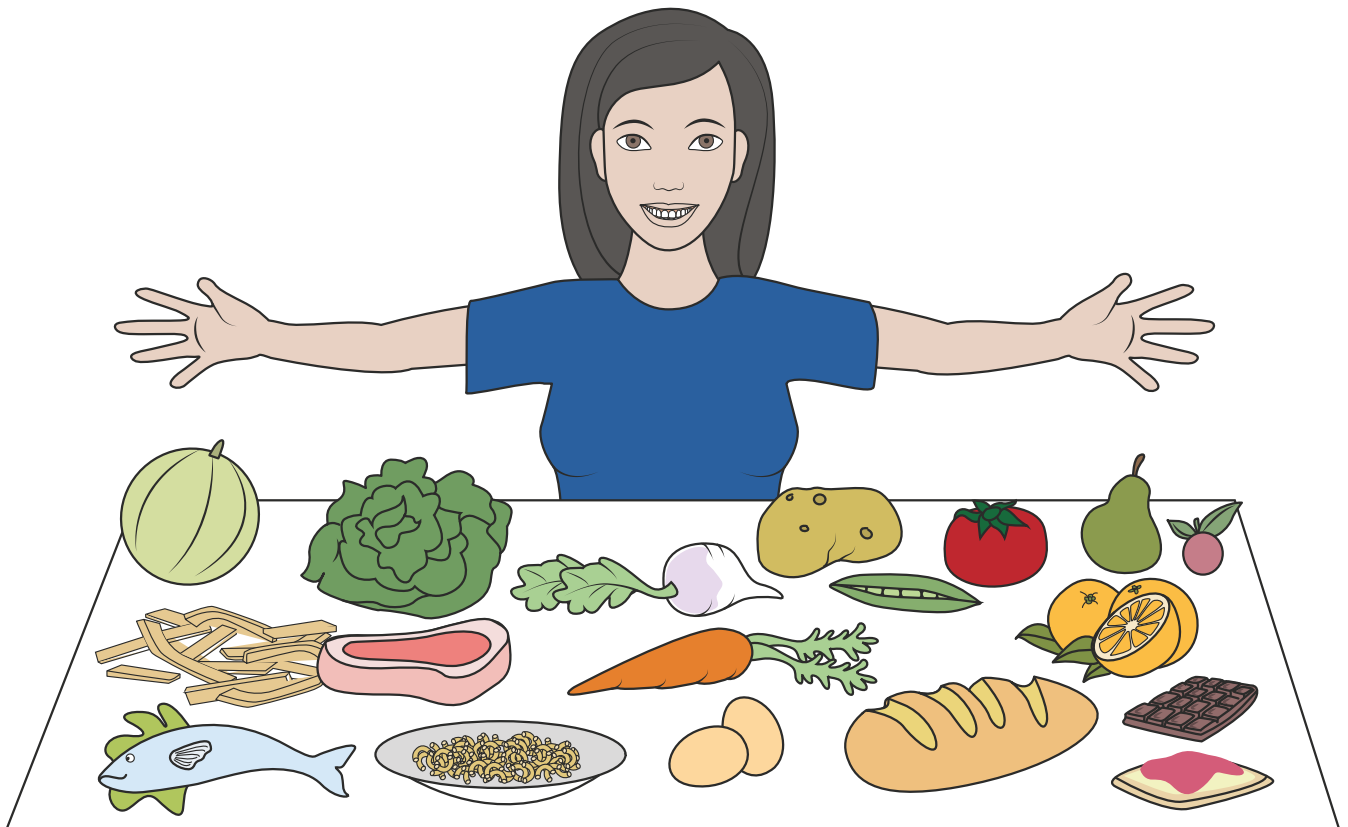
Meal



Eating between meals could harm my teeth.



I eat a well-balanced diet.



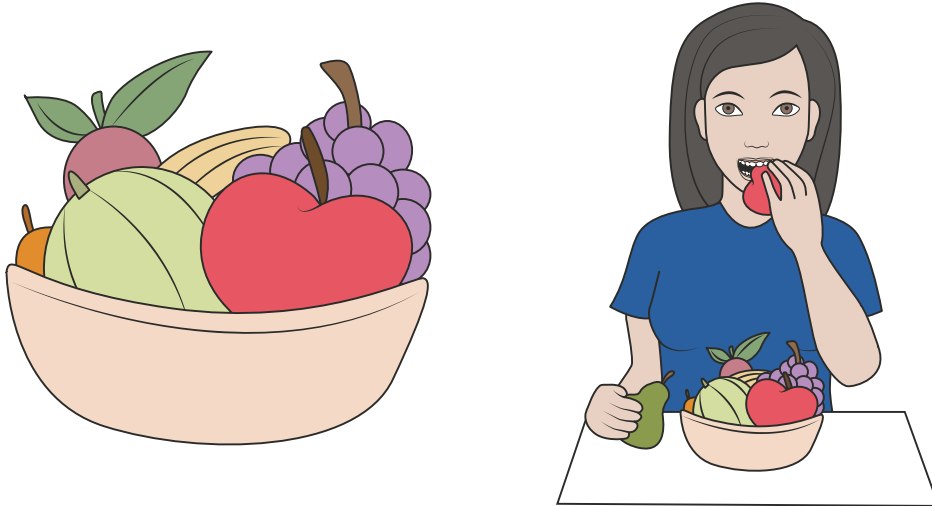
I drink water every day.

Week			
<i>I drink water</i>			
Monday	Tuesday	Wednesday	Thursday
✓	✓	✓	✓
Friday	Saturday	Sunday	
✓	✓	✓	

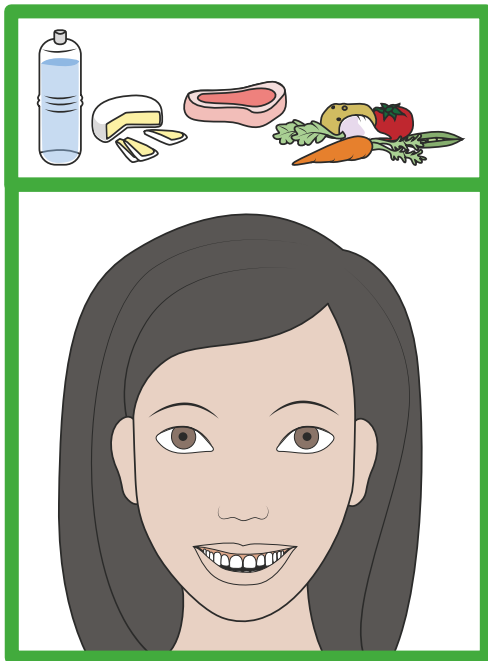


**I eat fresh fruits : it's better than buying fruit juice.**

It's better for my health.



**I pay attention to food that creates more cavities.**



**I do not eat too many sweet or sour foods.**

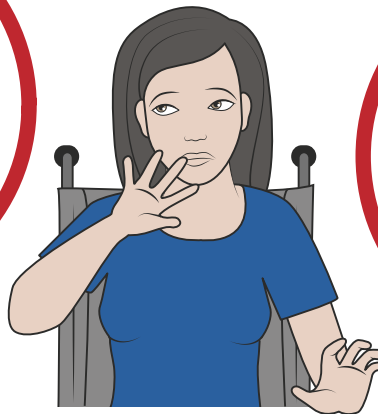
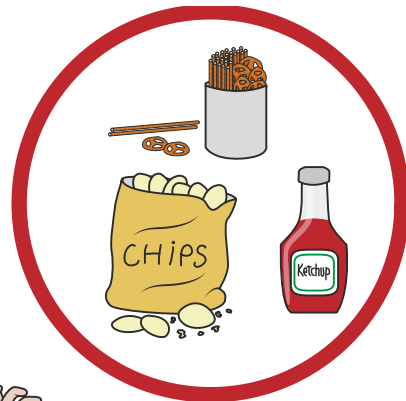
**Sugar**



**With a sour taste**



**With hidden sugar that  
you can't taste:  
they could be salty**

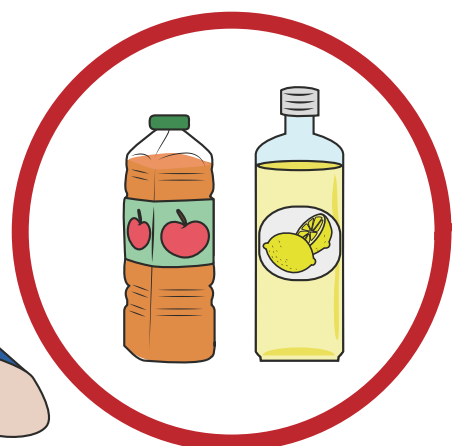


**I do not drink too many sugary or sour beverages.**

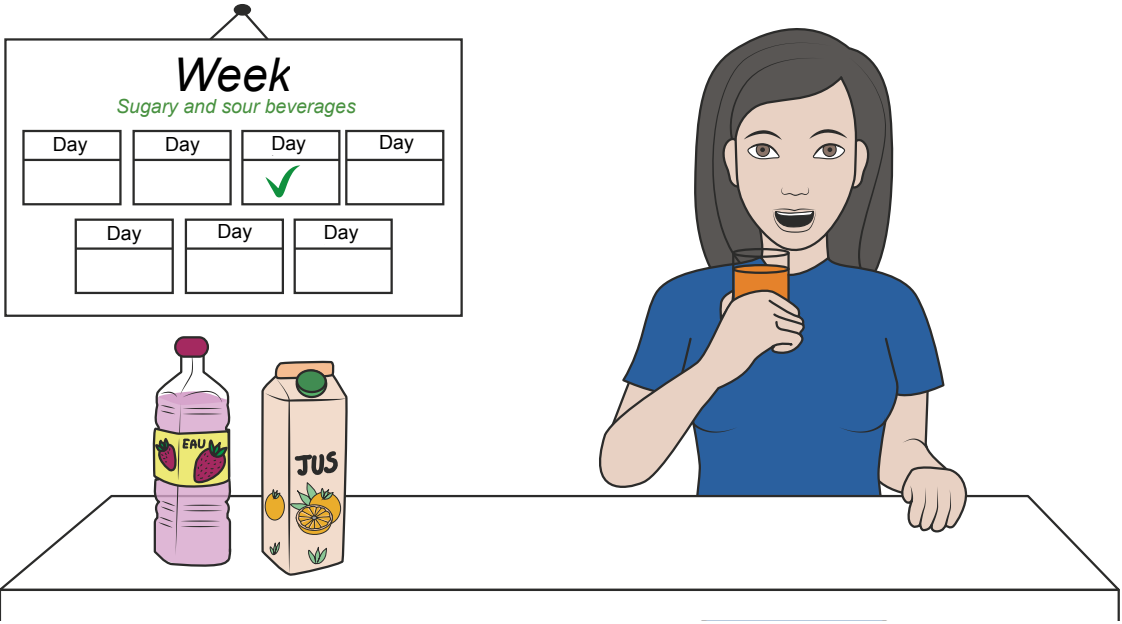
**Sugary**  
Sodas and fruit juice



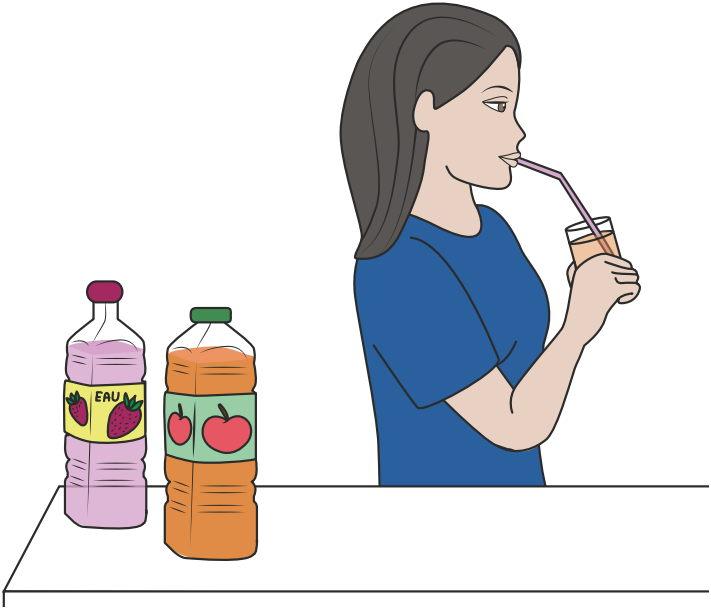
**Sour**  
Fruit juice and lemonade



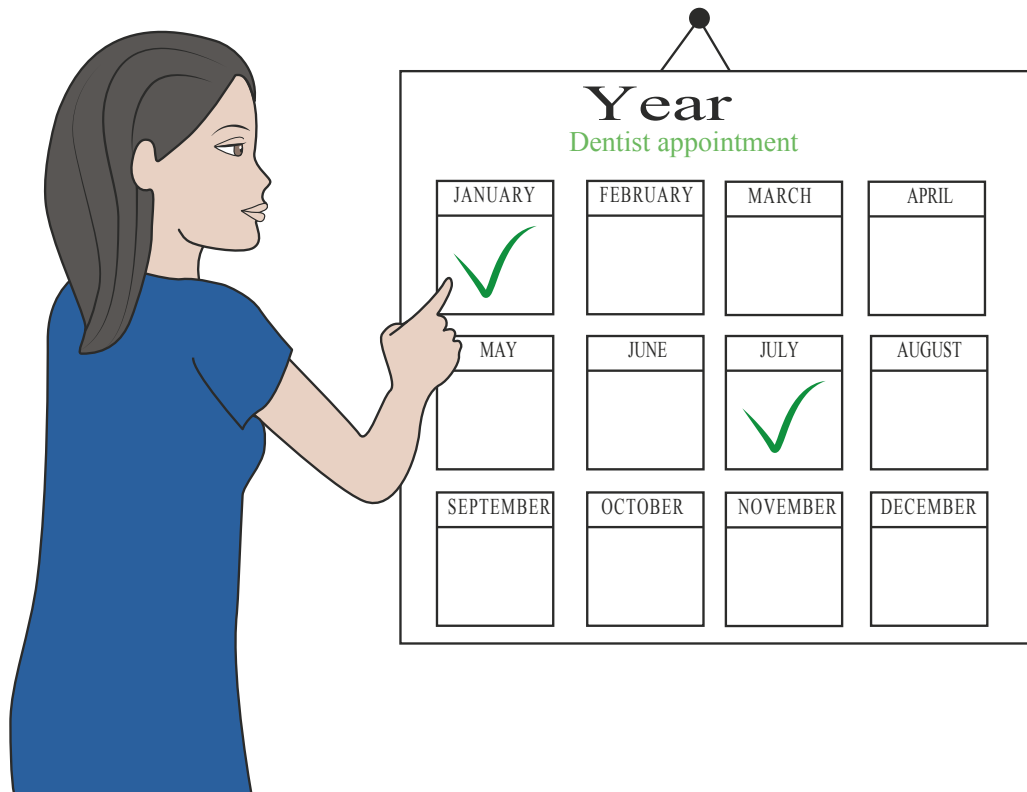
● I do not drink these beverages every day.



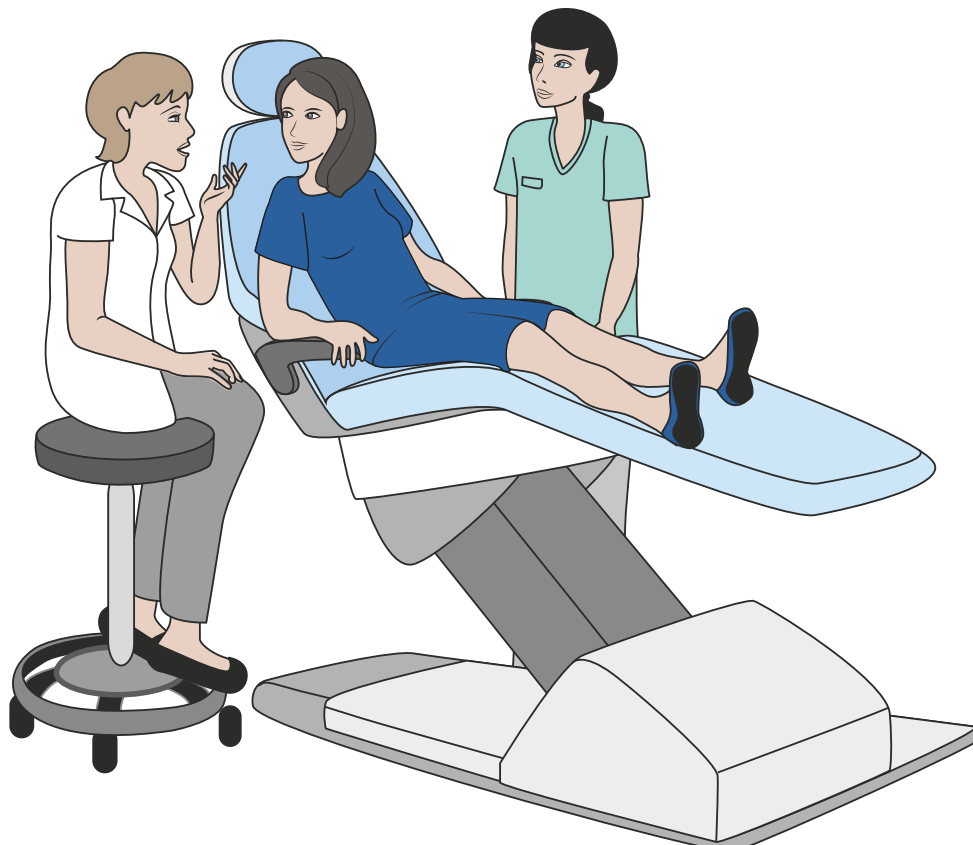
● It's better to drink sugary and sour beverages with a straw.  
So that I avoid direct contact with my teeth.



# To take care of my teeth, I go to the dentist twice a year



The dentist gives me dental care tips.



The dentist might also clean my teeth.

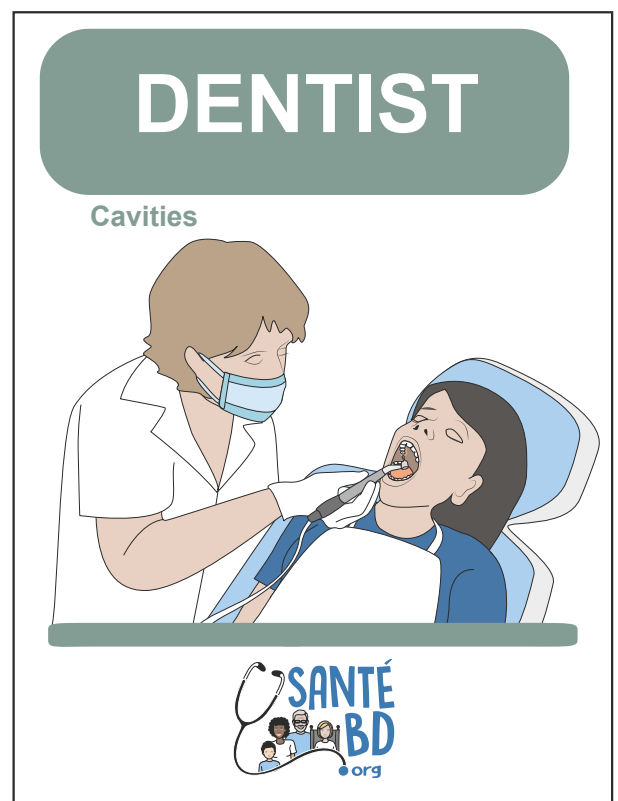
Read the page on "The dentist cleaned my teeth".



The dentist can also fill a cavity.

- If I get it taken care of early, it won't hurt at all.

Read the booklet "Cavities".



**This document was created in partnership with**  
the French Union for Oral Health and the SOSS network, which works  
towards providing access to oral health for disabled people.



**SantéBD Multilingual is a project supported by the Orange Foundation.**



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MAIRIE DE PARIS



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