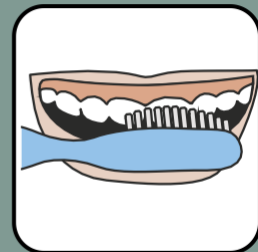
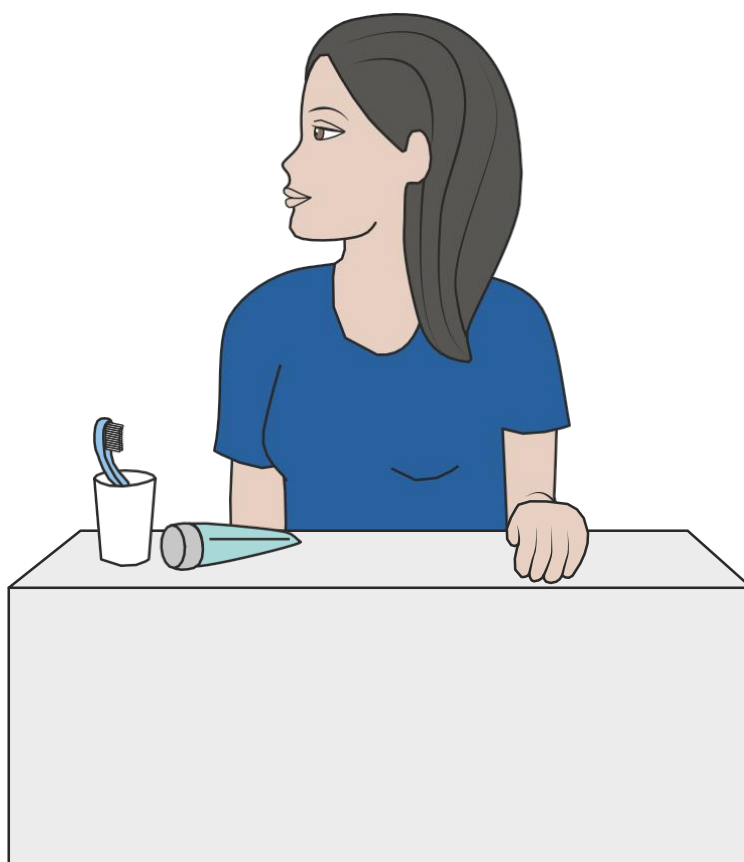
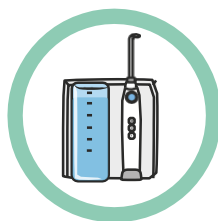
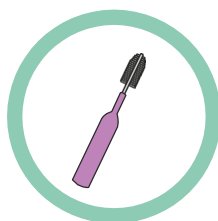
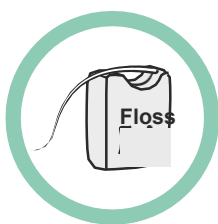


Caring for my teeth

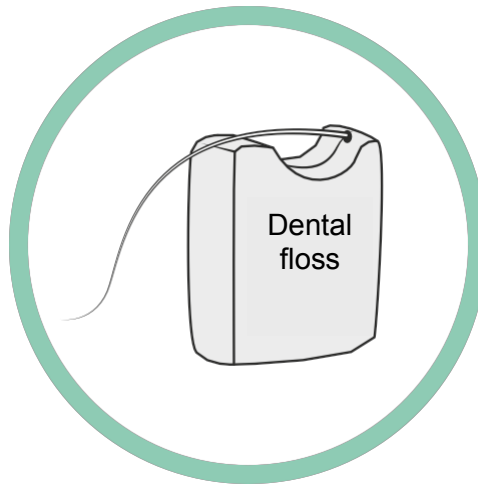


After brushing

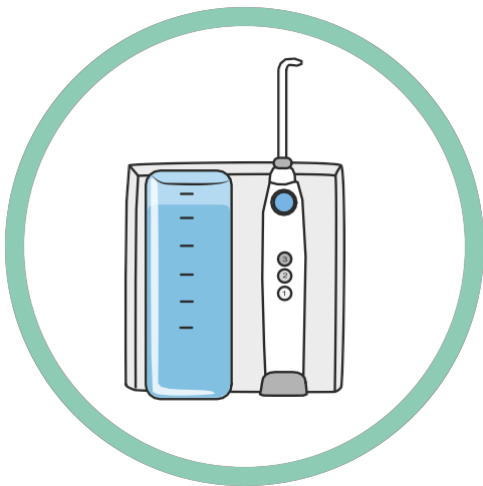


After I brush my teeth, I can finish cleaning them using:

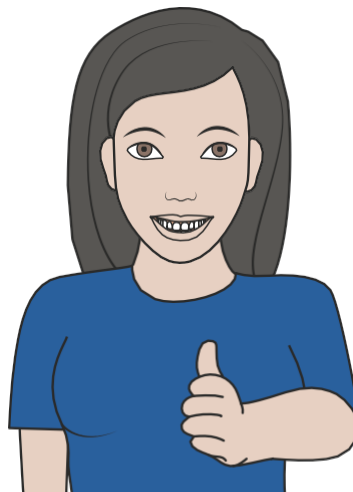
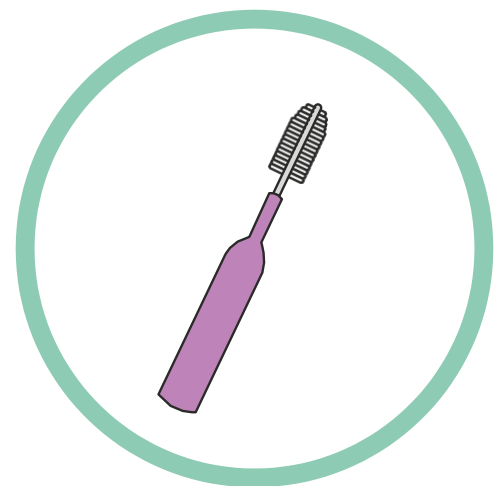
Dental floss



A water jet



An interdental brush

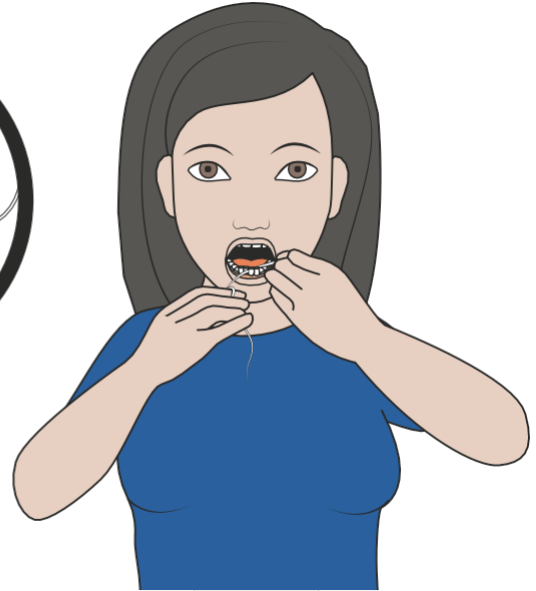
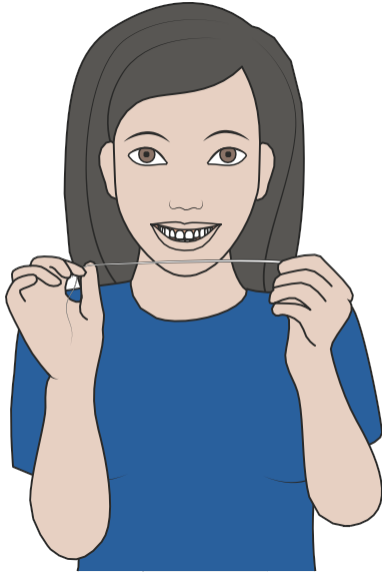
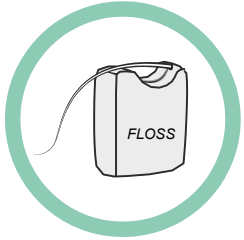


Mouthwash

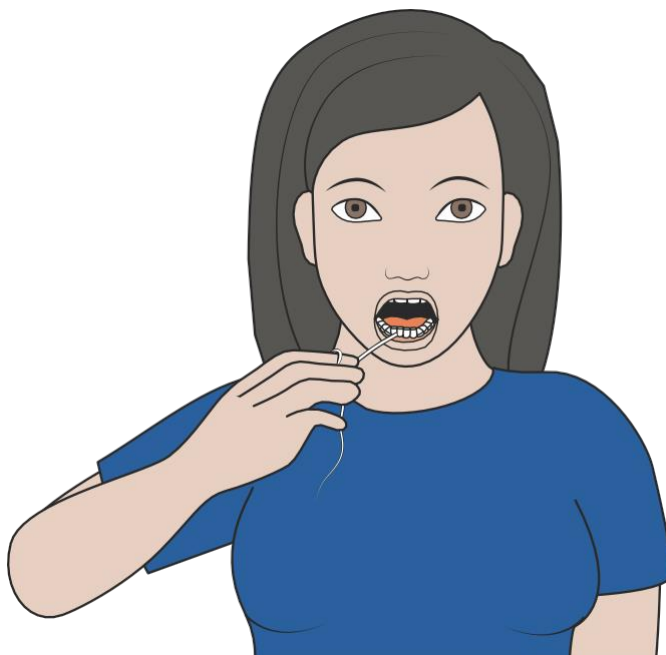


Dental floss

- I take the dental floss between my two fingers.
- I gently pull the floss backwards and forwards between each of my teeth.
I don't pull too hard so I don't hurt my gums.



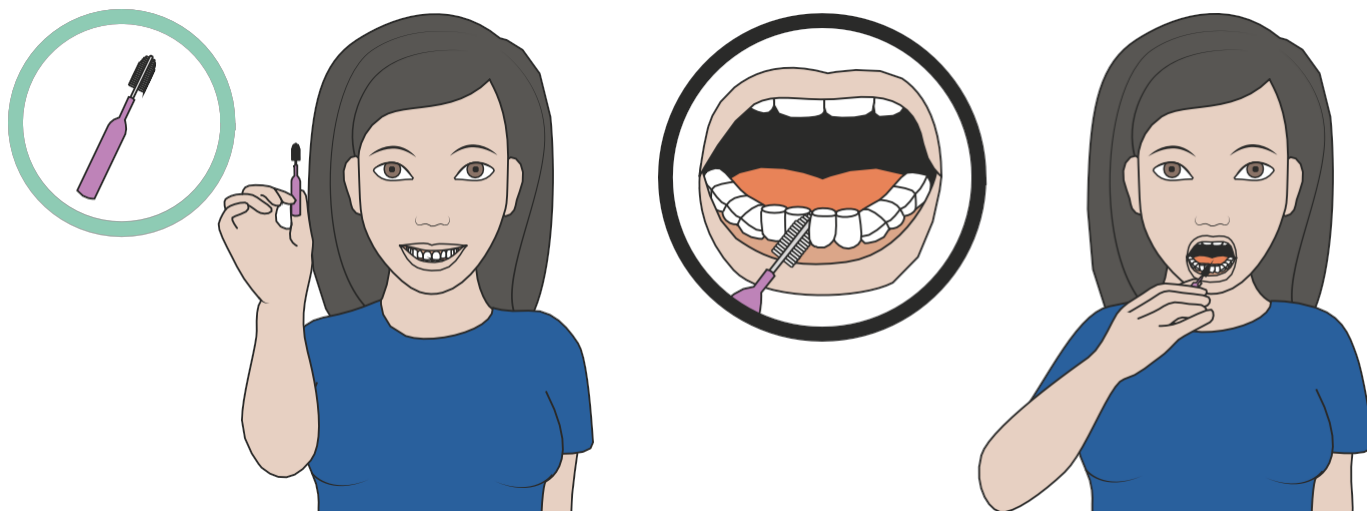
- I pull the floss to take it out of my mouth.



The interdental brush

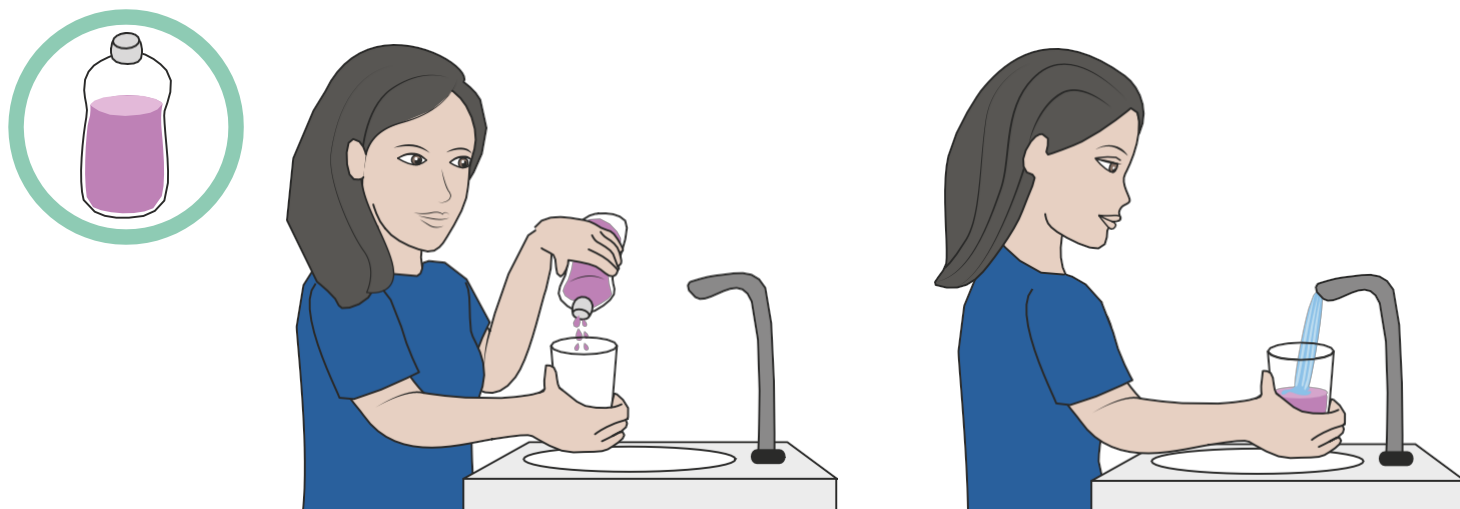
- I gently slide the interdental brush between each of my teeth.

I brush gently so I don't hurt my gums.



Mouthwash

- I put a little of the mouthwash into a glass, then I add a little water.



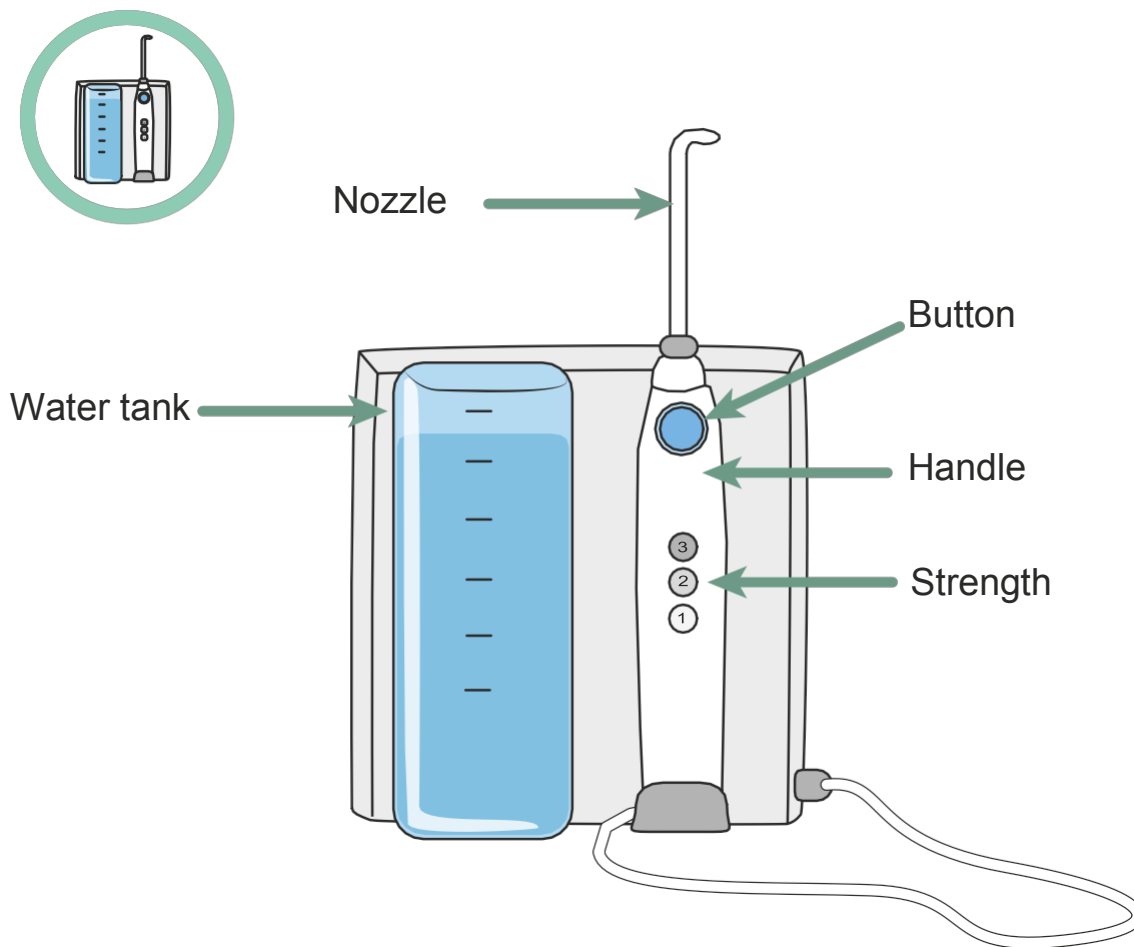
- I put the product into my mouth, then I rinse and spit it out.

I must not swallow the mouthwash.



The water jet

- I use a machine that sprays water.



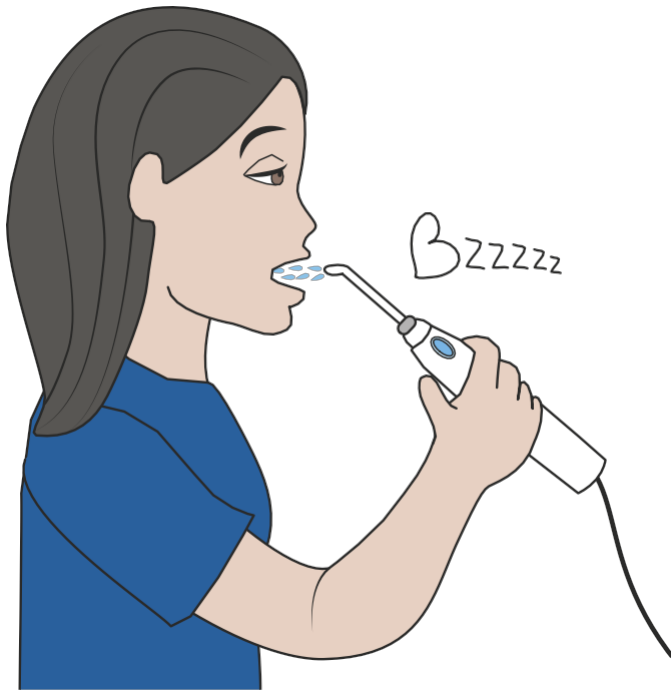
- I fill the tank with water
Not too cold, not too hot.



- I put the nozzle onto the handle.



- **The machine squirts water.**
It makes a noise and it tickles!

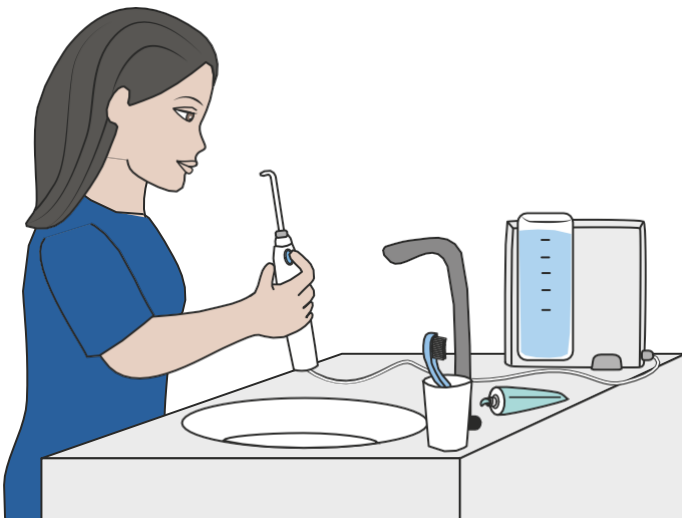


- **I keep my mouth open.**
I do not swallow the water,
it falls into the sink.

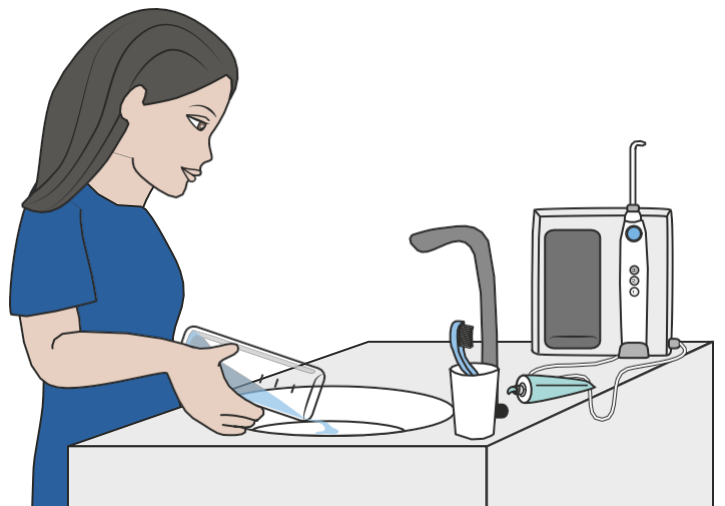


Any small bits of food fall into the sink.

- **I press the button to switch it off.**



- **I empty the water tank.**



This factsheet was produced in partnership with
The French Union for Oral and Dental Care (UFSBD) and the SOSS network
which promotes access to oral and dental care for people with disabilities.



It was created with financial support from our partners:

FONDATION HANDICAP



**The translation of this tool was made possible
thanks to the support of the Orange Foundation.**

Foundation



Where can I find SantéBD booklets?

- **On the internet:**

Visit the website: <http://www.santebd.org>



- **On my tablet or smartphone:**

Download the SantéBD app from:



All SantéBD booklets are free.

SantéBD is a project by the NGO CoActis Santé.
contact@coactis-sante.fr

SantéBD booklets are produced in partnership with different participants from the world of healthcare and working with disabilities. Illustrations by Frédérique Mercier.

All rights of reproduction, representation and modification reserved for any medium worldwide. Any use other than for educational and information purposes, and any commercial use is prohibited. ©CoActis Santé

The creation of this tool was made possible with the support of:

FONDATION HANDICAP
MALAKOFF MÉDÉRIC
Groupe malakoff médéric humanis



MAIRIE DE PARIS



This document was proofread by people with learning disabilities and respects the European Easy-to-Read Guidelines. These guidelines make information available for everyone.

© Logo European Easy-to-Read: Inclusion Europe. For more information, visit the website www.easy-to-read.eu