

Dental care

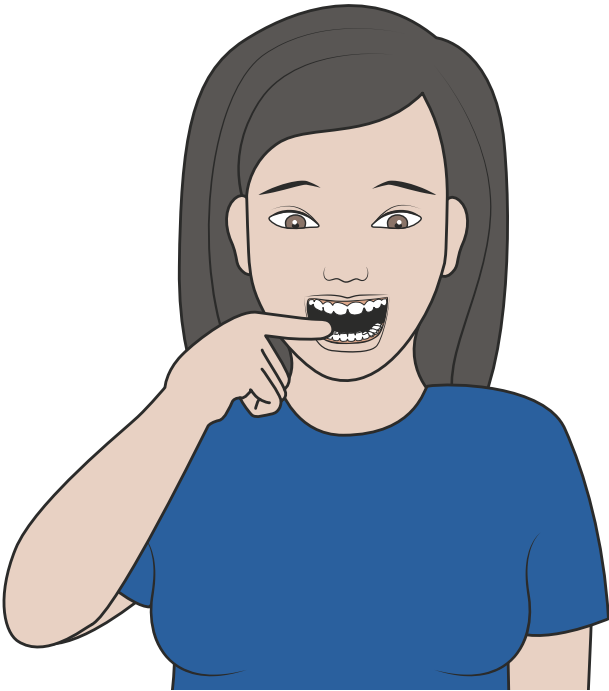


Why and how ?



Why should I take care of my teeth ?

So I don't get cavities.



So I don't get gum infections.

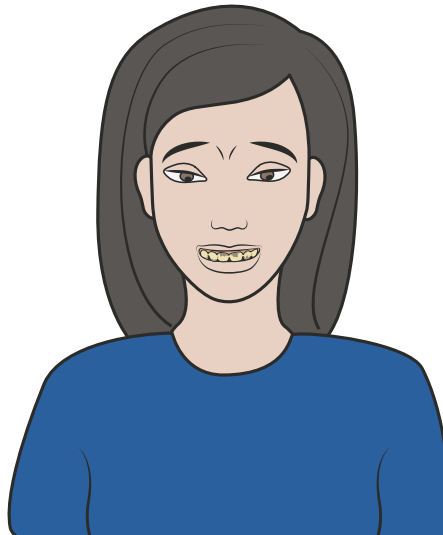


If my teeth are damaged :

- it may be painful



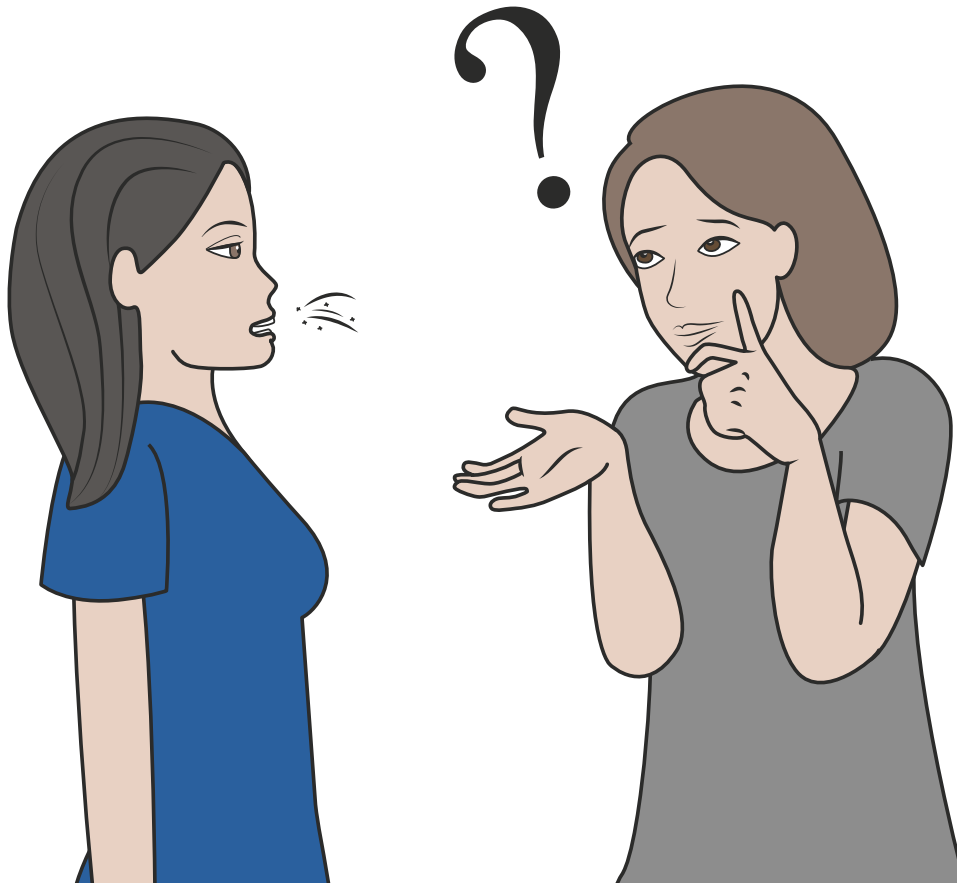
- my smile might not be as pretty



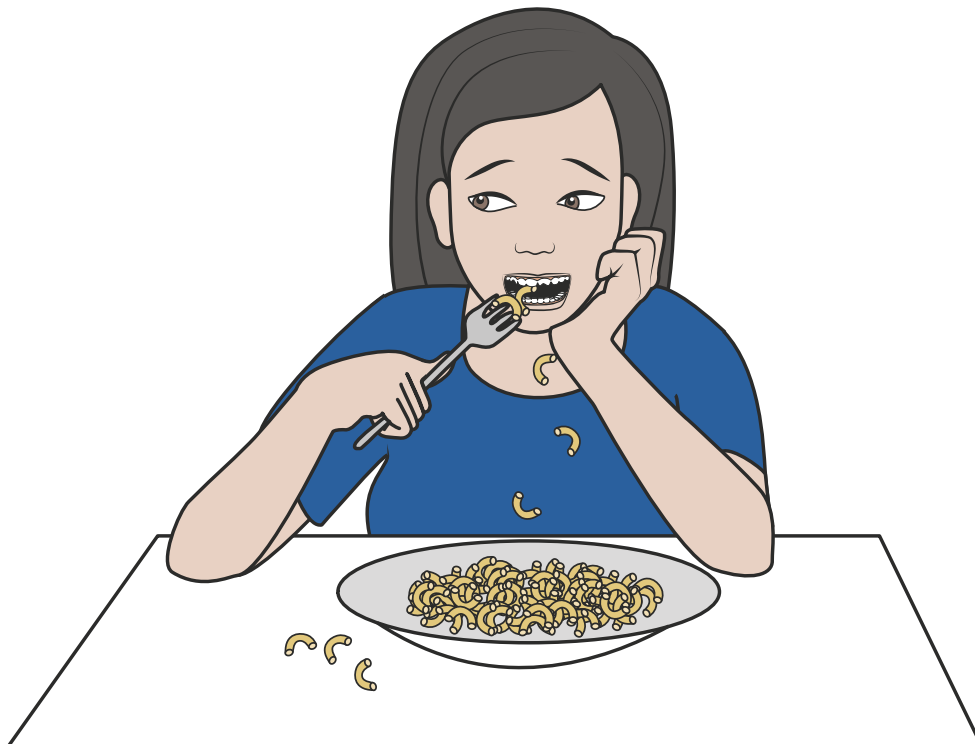
- I could have bad breath



- I could have difficulty speaking



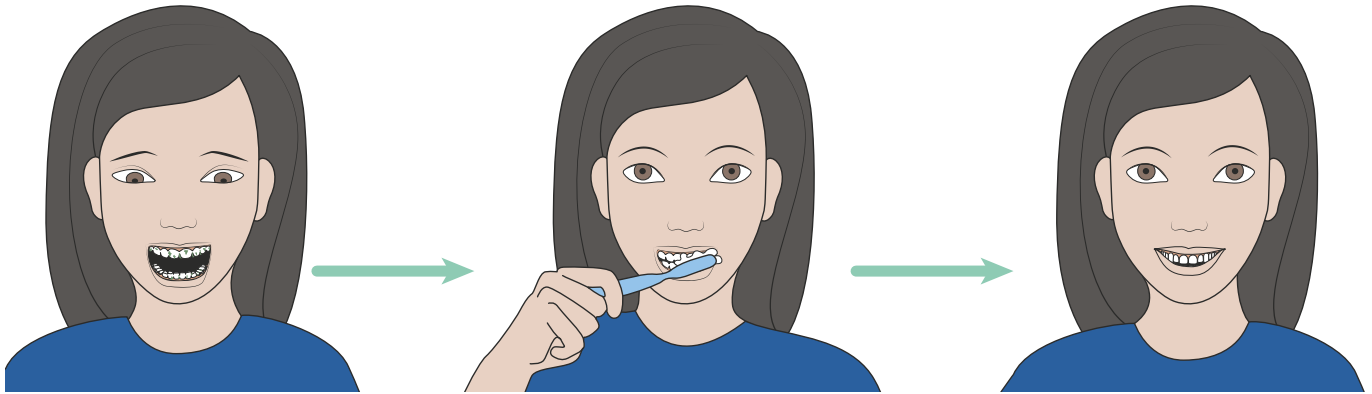
- I could have difficulty eating



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

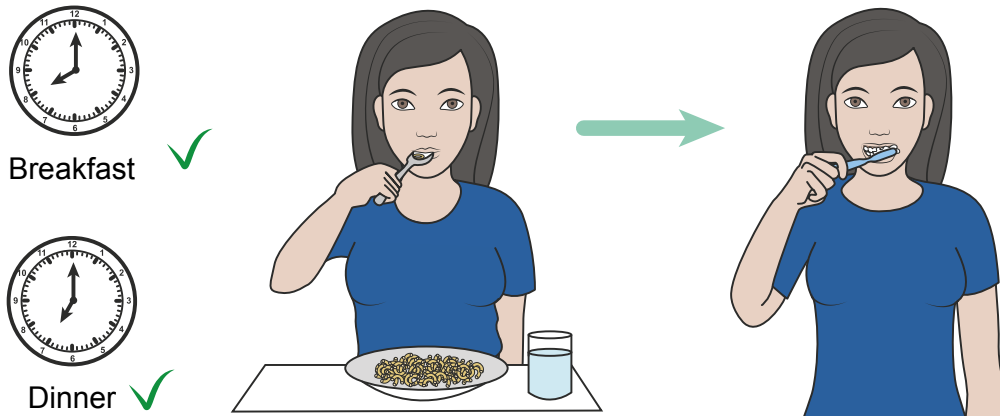
Brushing my teeth prevents cavities.

- Brushing removes food stuck to my teeth.

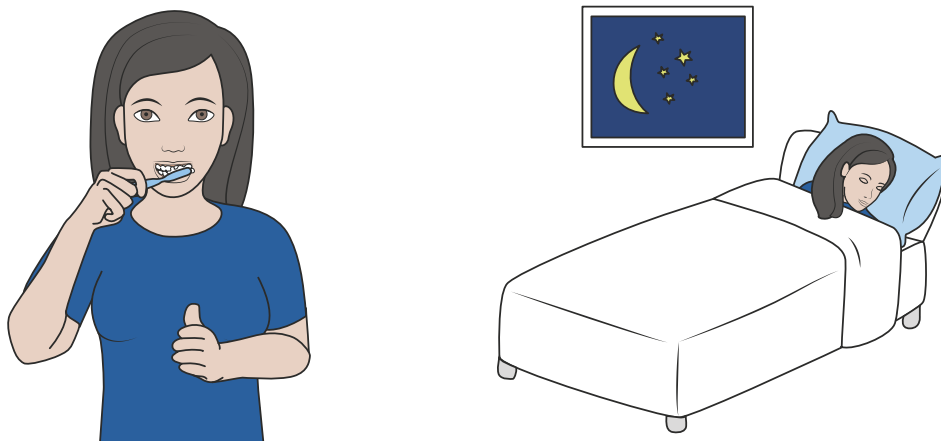


I should brush my teeth twice a day.

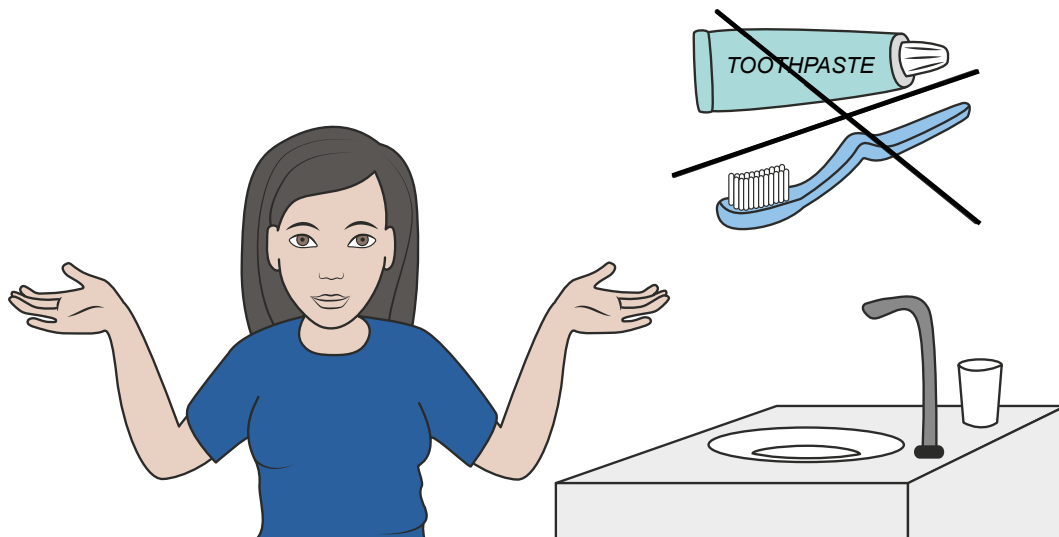
- Try to do so after meals.



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



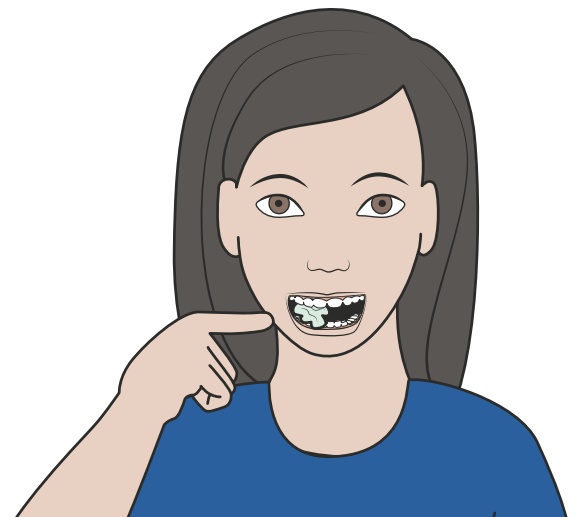
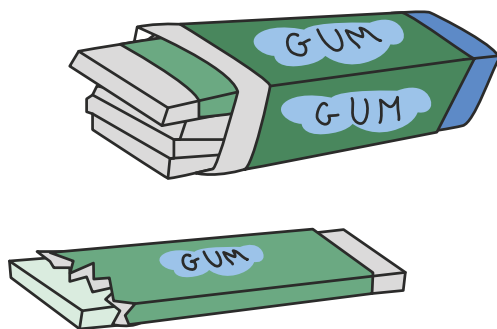
If I cannot brush my teeth :



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

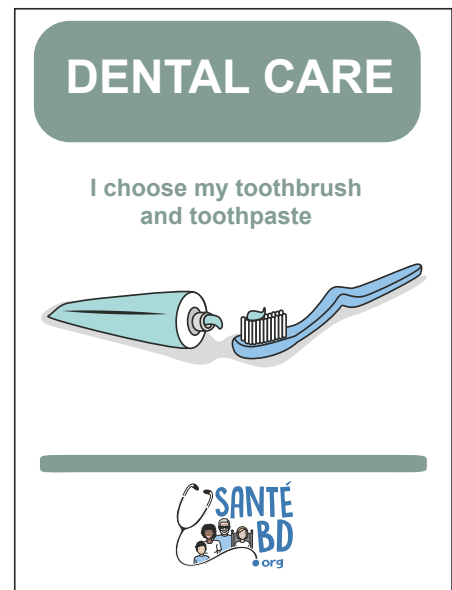


- Chew sugarless gum.
Chewing gum creates saliva. It's good for my teeth.



Choosing my toothbrush and toothpaste.

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

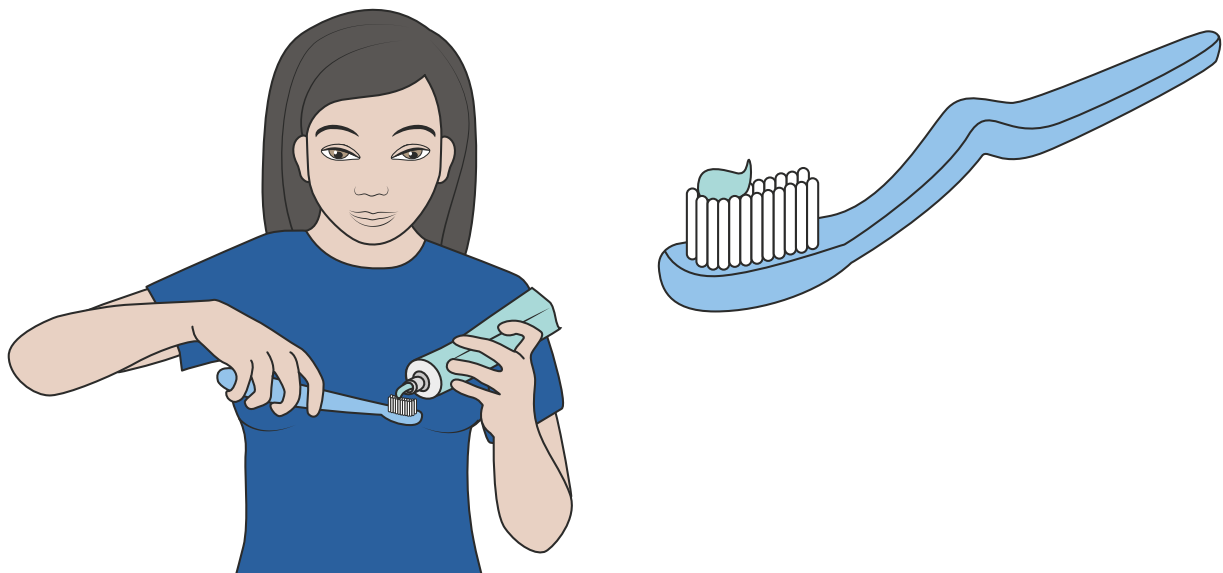


I do not wet the toothbrush before putting toothpaste on it.

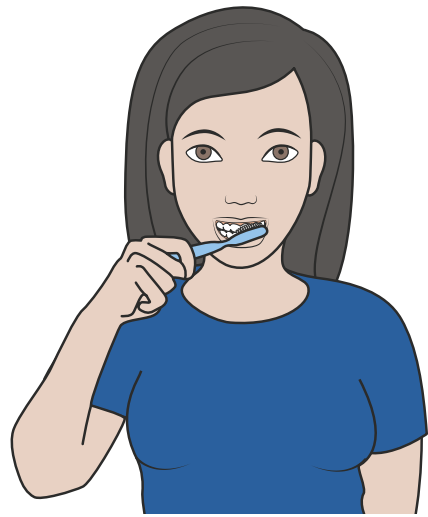
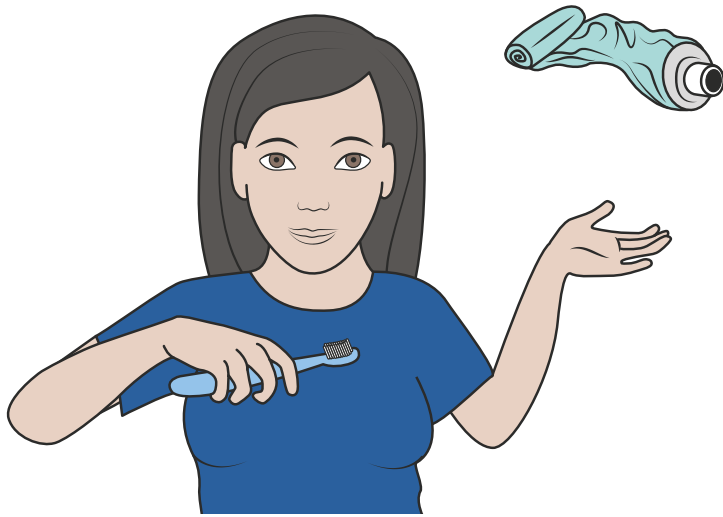
- This is more effective



I put a little toothpaste on the toothbrush.



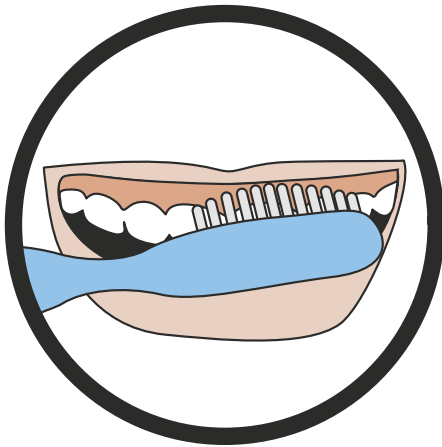
If I don't have toothpaste, I can brush my teeth anyway.



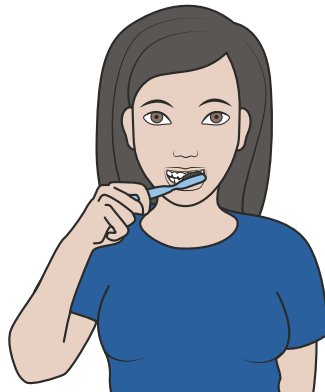
To brush my teeth correctly.

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

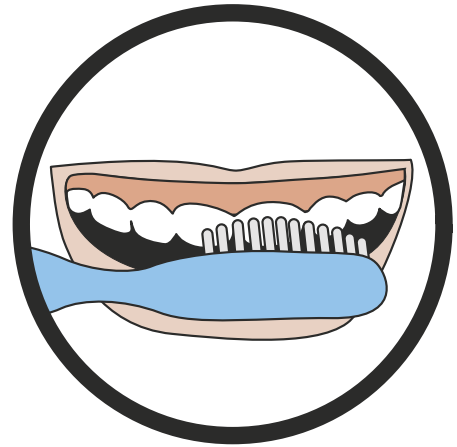
I start with the gums



Lower jaw



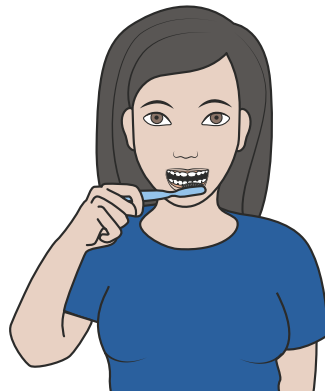
And then move up to the teeth



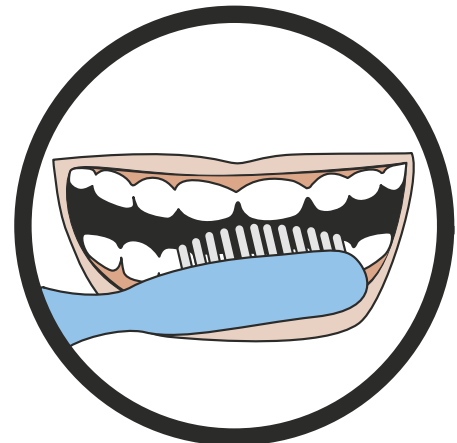
I start with the gums



Upper jaw

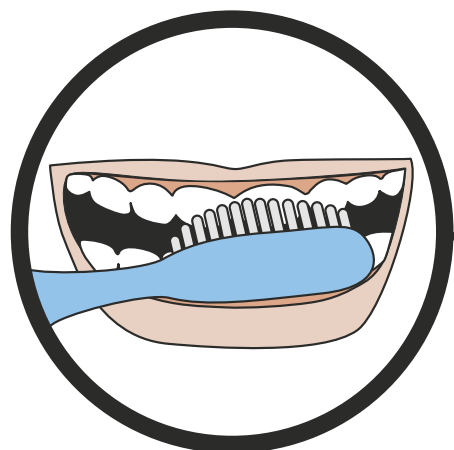


And then move up to the teeth

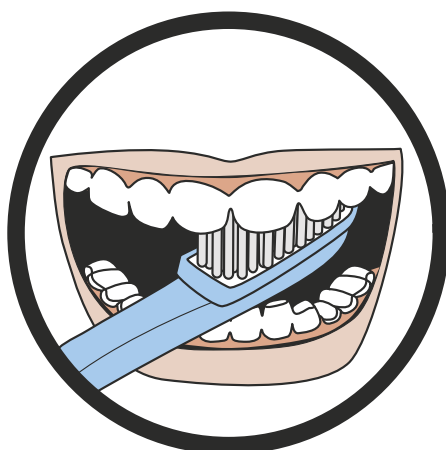


- For each tooth, I brush :

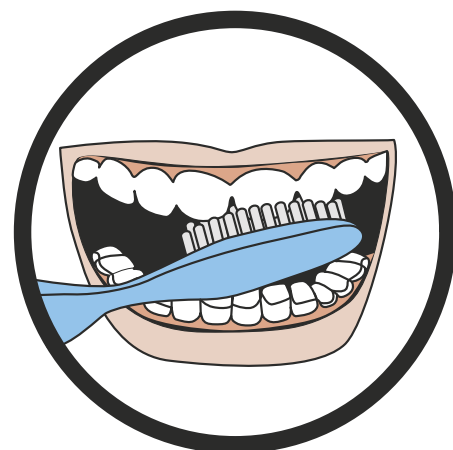
in front



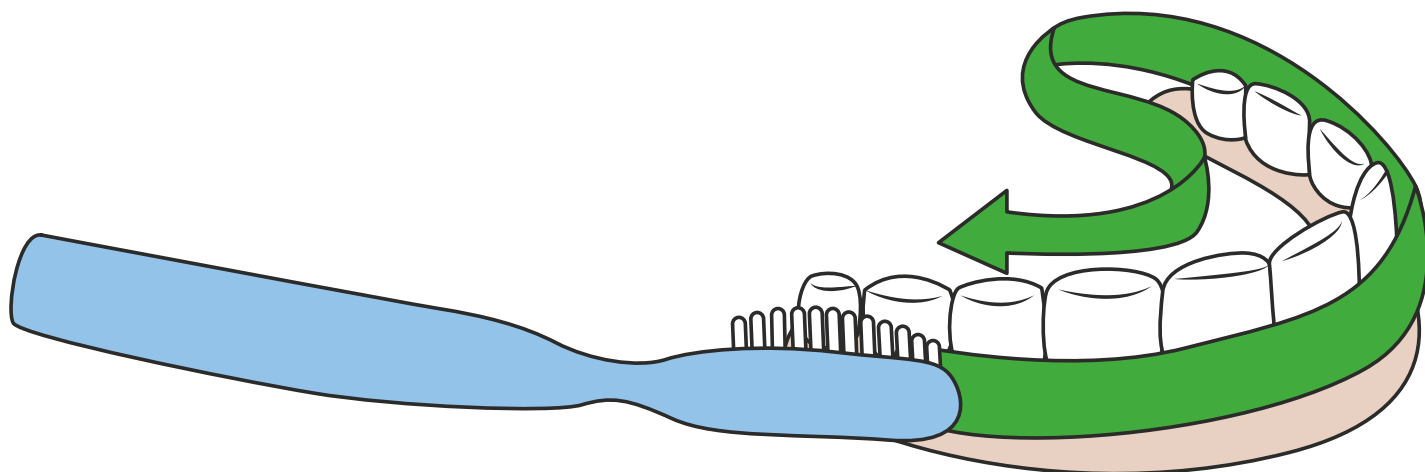
behind



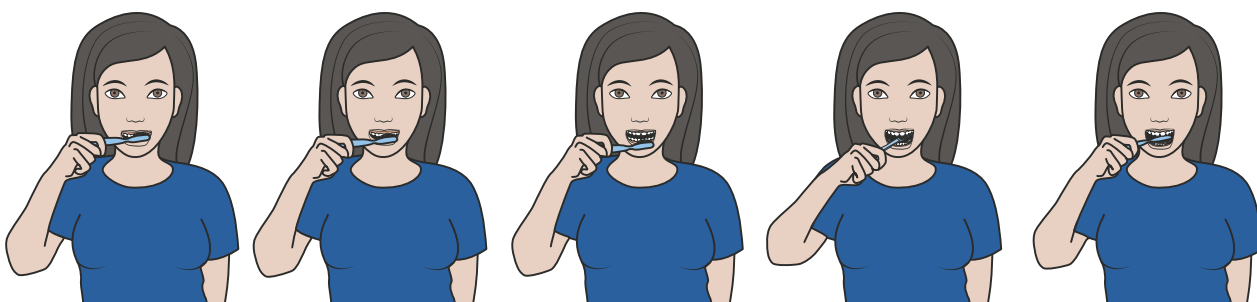
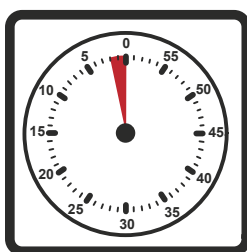
on top



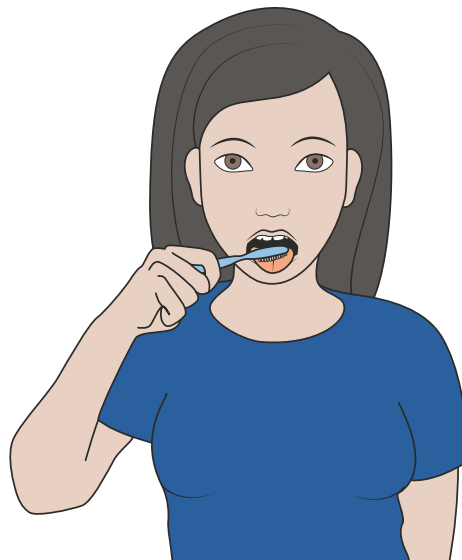
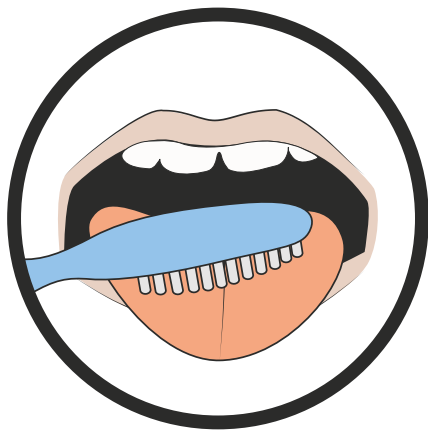
- To make sure that I have brushed all of my teeth, I brush in this direction :



- Brushing should take at least two minutes.



- If I can, I also brush my tongue.



When I'm done, I rinse my toothbrush.



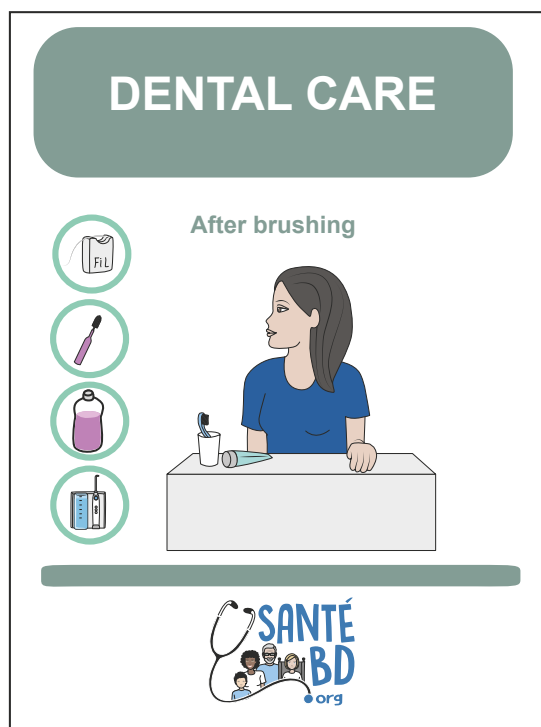
If I cannot brush my teeth by myself.

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



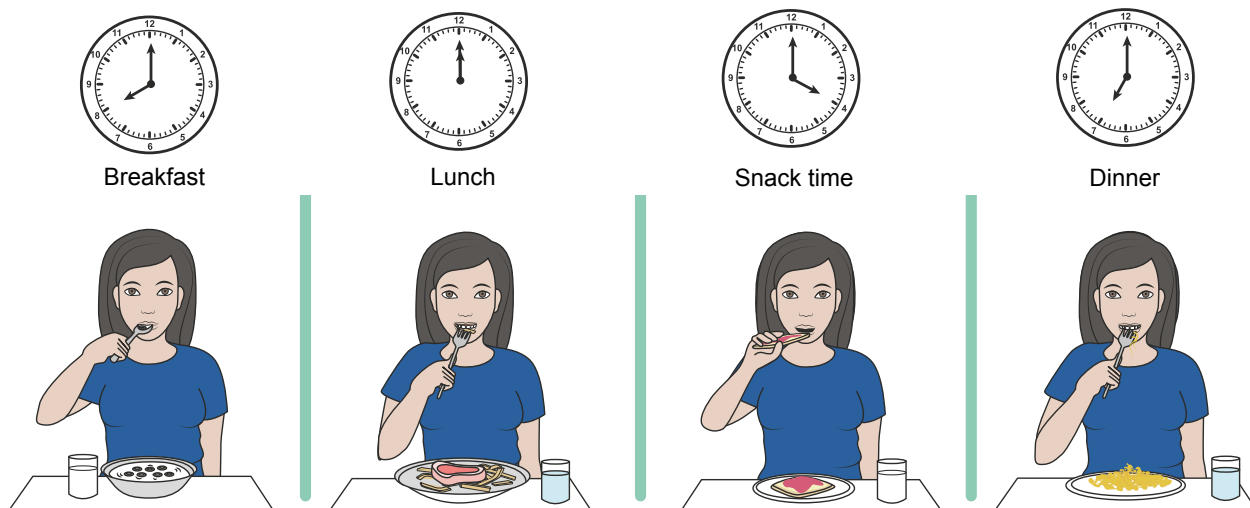
After brushing, there are other ways to clean my teeth.

Read the page on "after brushing".

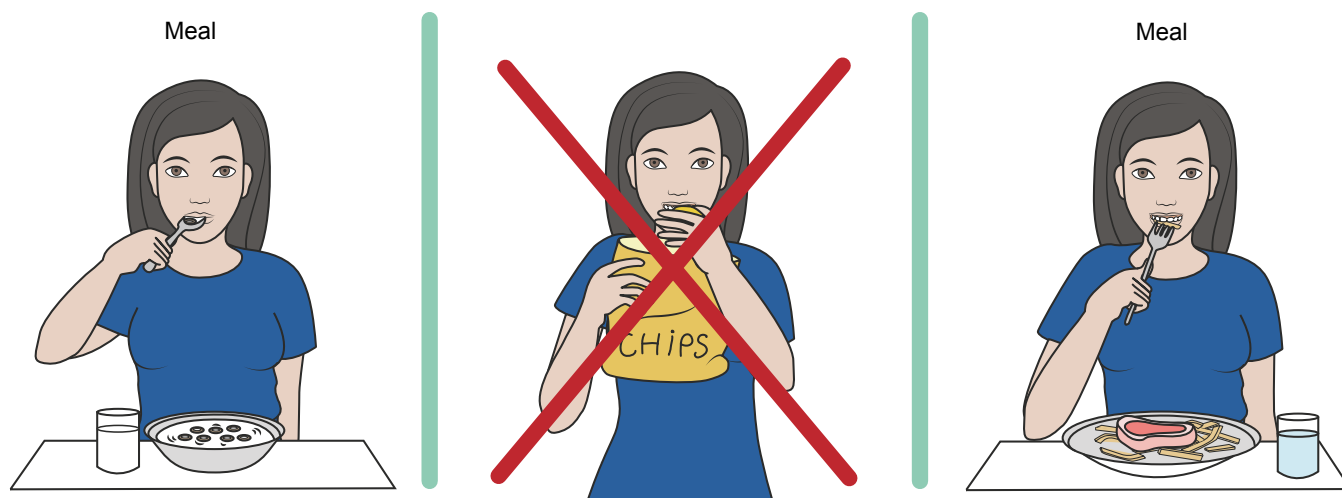


Eating well helps my teeth

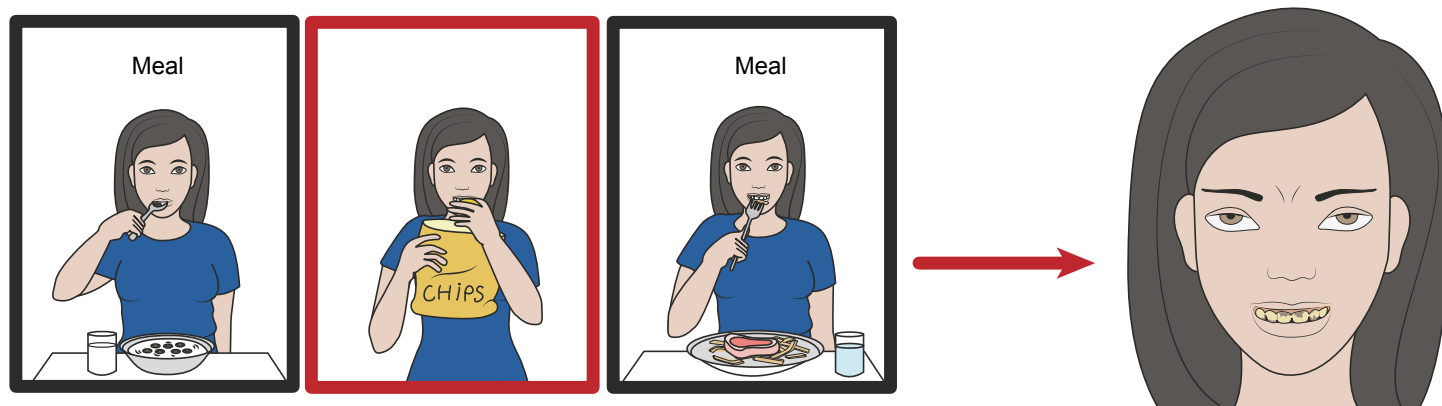
I only eat during meals.



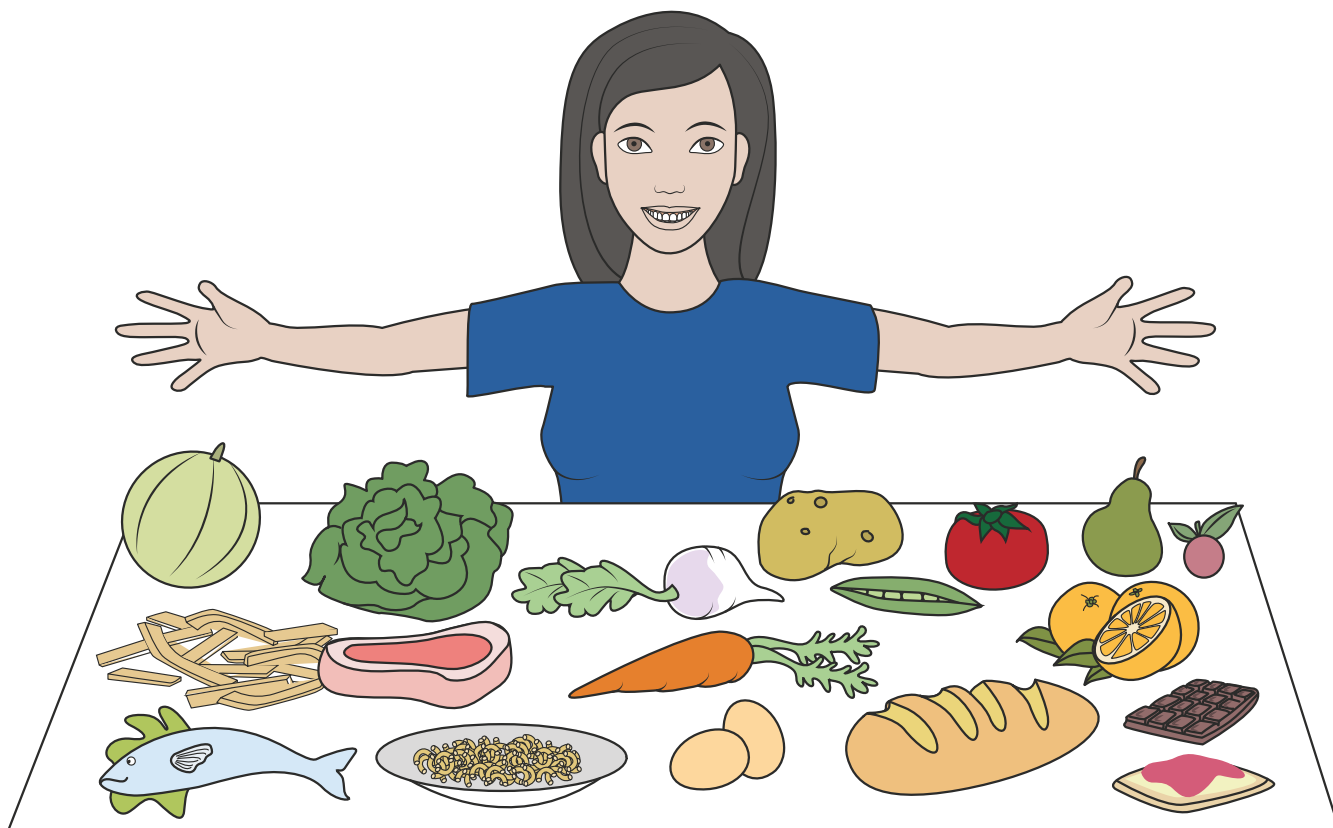
I don't eat between meals.



Eating between meals could harm my teeth.

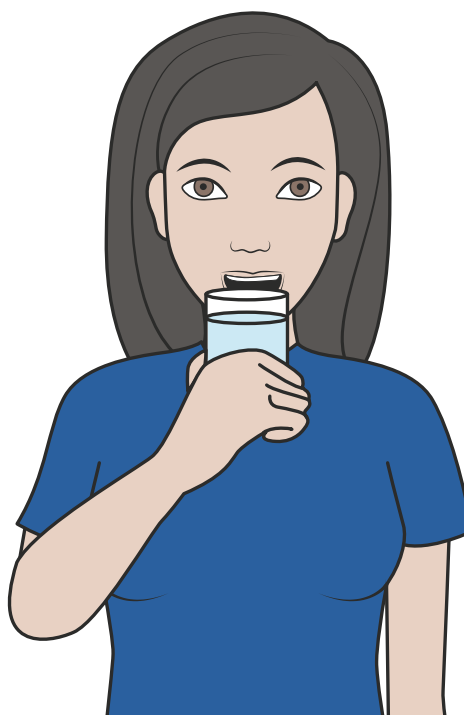


I eat a well-balanced diet.



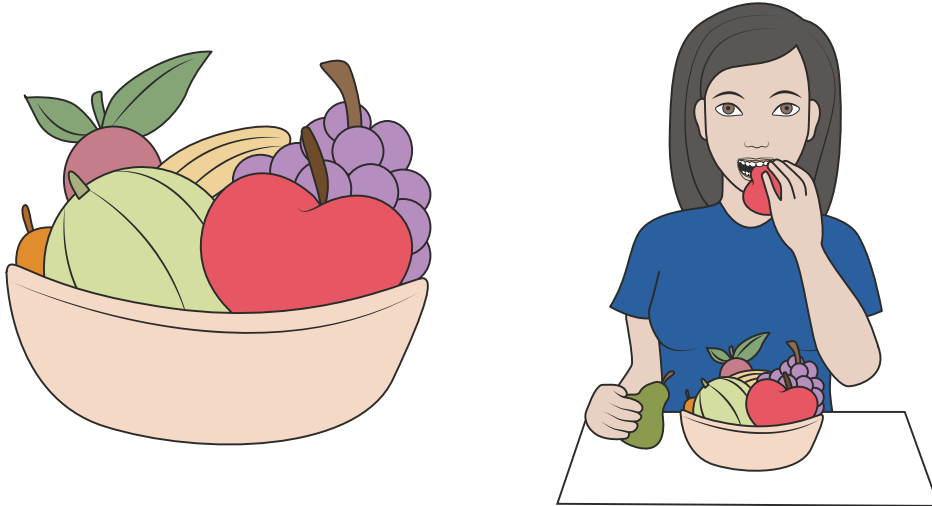
I drink water every day.

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

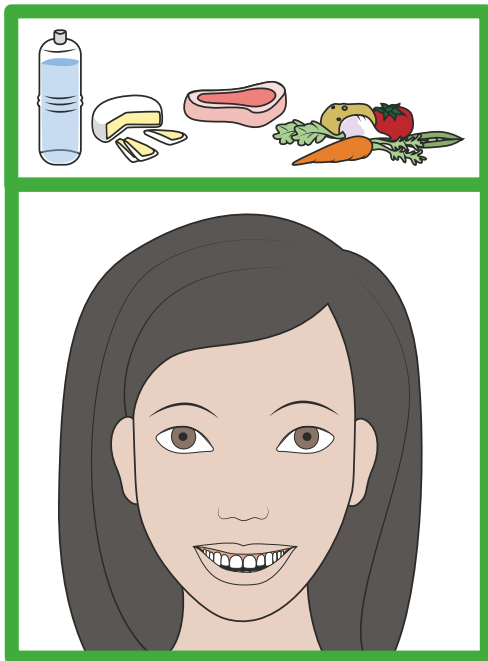


I eat fresh fruits : it's better than buying fruit juice.

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.

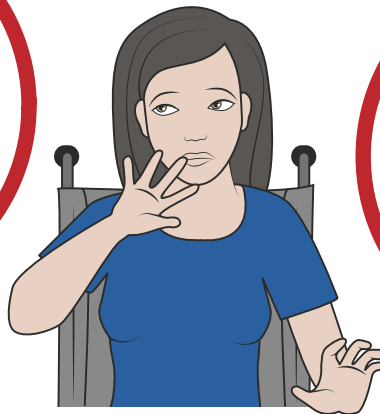
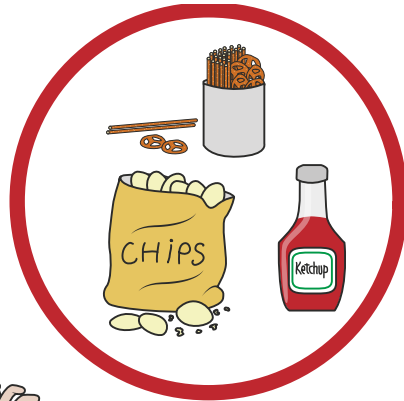
Sugar



With a sour taste



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

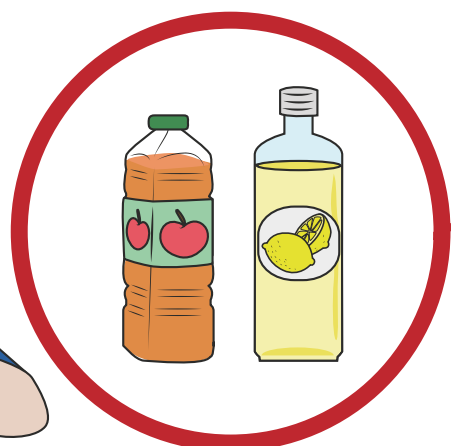


I do not drink too many sugary or sour beverages.

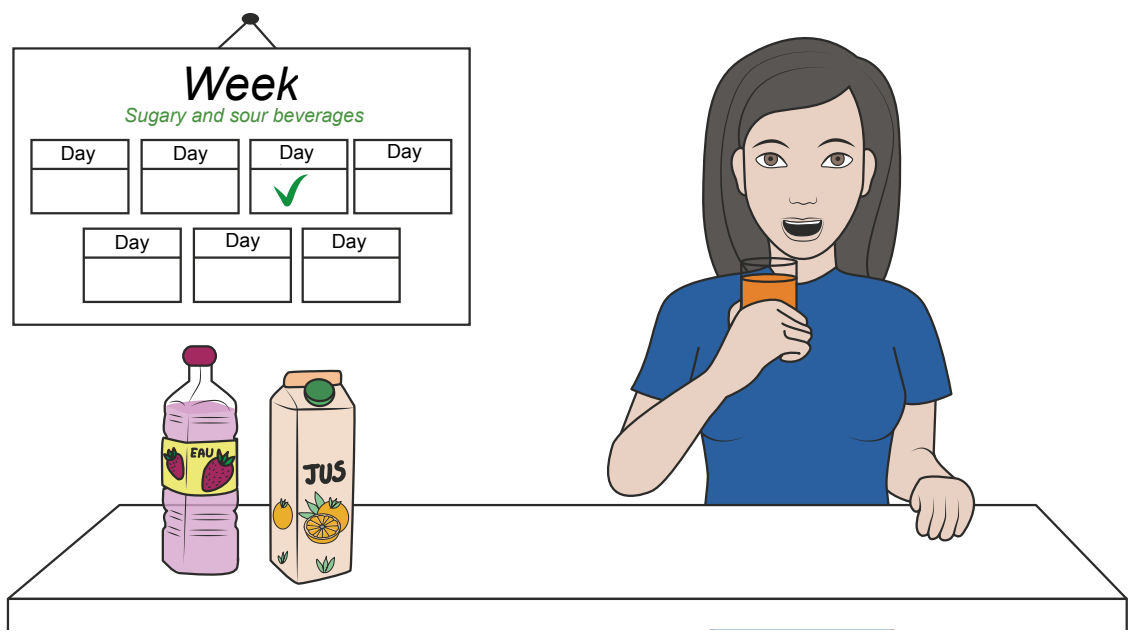
Sugary
Sodas and fruit juice



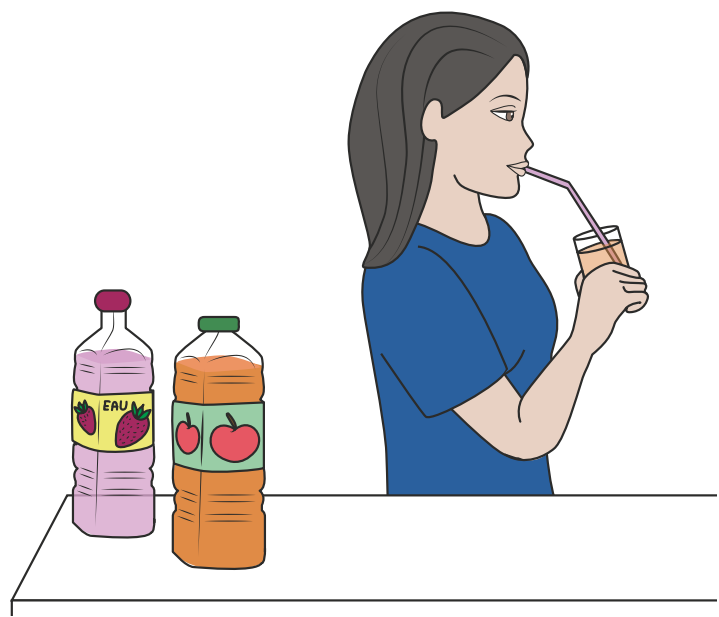
Sour
Fruit juice and lemonade



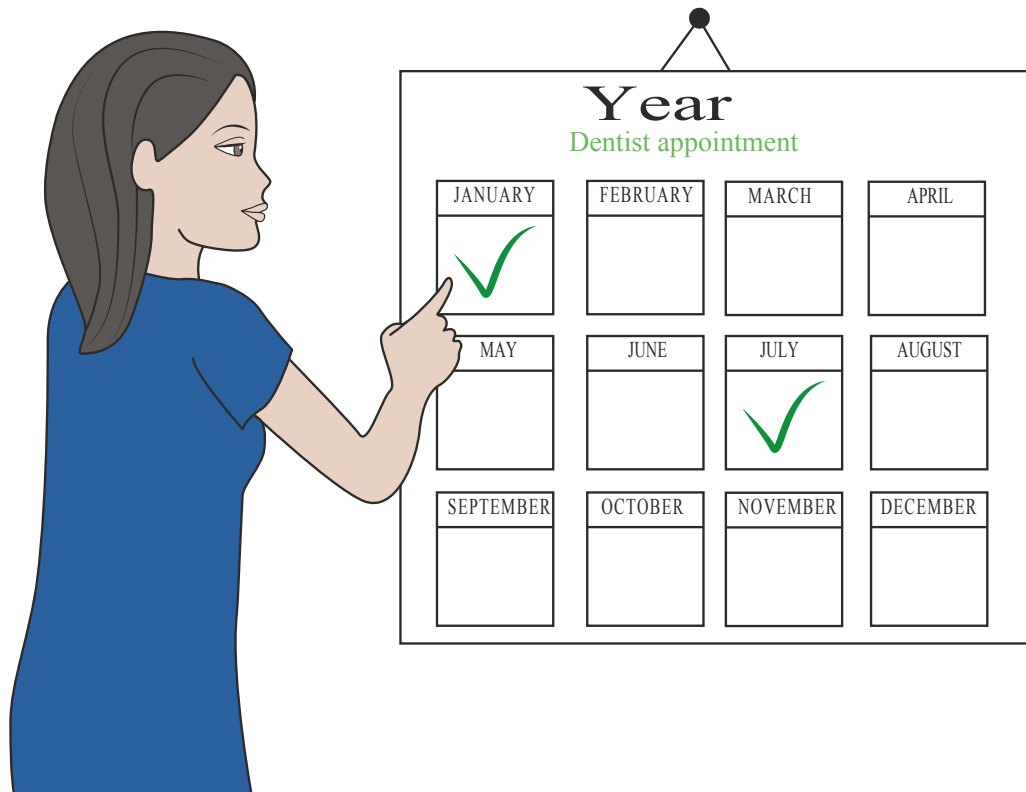
● I do not drink these beverages every day.



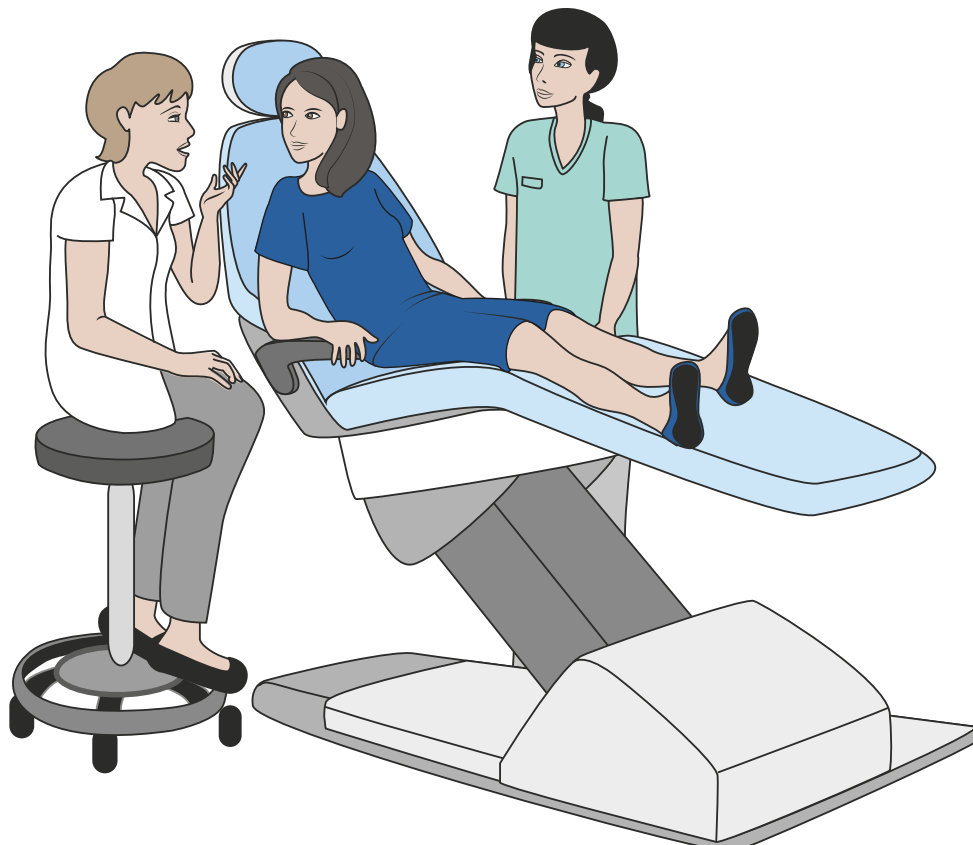
● It's better to drink sugary and sour beverages with a straw.
So that I avoid direct contact with my teeth.



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.

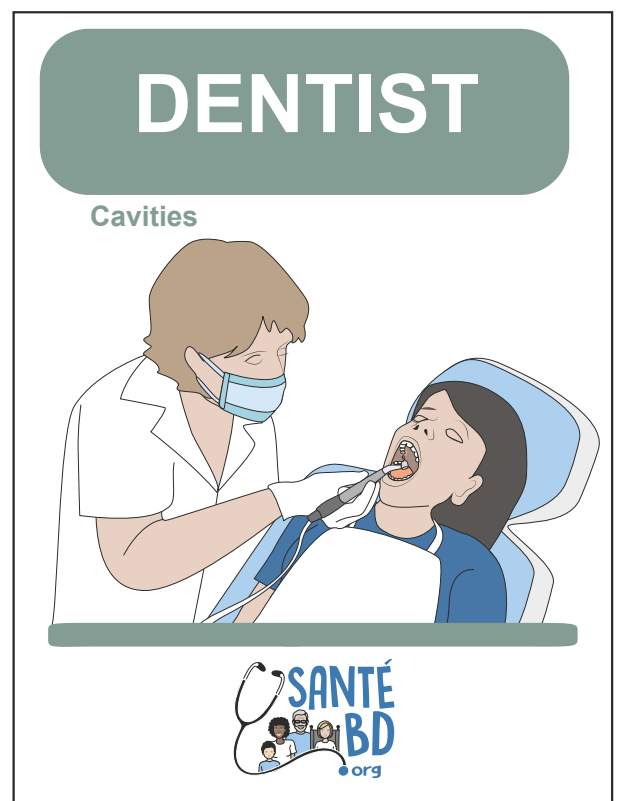
Read the page on "The dentist cleaned my teeth".



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
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towards providing access to oral health for disabled people.



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