

### Advice for Adults

#### Food and Drink

- Limit sugary food and drink to mealtimes and no more than 4 times a day
- Avoid sugary food and drink immediately before bed (this is because there is less saliva flow at night to wash it away)
- Use sugar-free medicines rather than ones with sugar
- Eat a well-balanced diet – limit the amount (and frequency) of sugary food and drink
- When drinking fizzy or acidic drinks, use a straw to minimise contact with your teeth
- Chew sugar free gum after snacks to neutralise acid attacks

#### Tooth Brushing

- Brush teeth twice daily – last thing at night and at one other time
- Use toothpaste containing 1350 – 1550 ppm fluoride
- Spit out after brushing and do not rinse – the fluoride keeps working to protect your teeth
- Do not brush for at least half an hour after eating
- If using a fluoride mouth rinse use at a different time to tooth brushing