

How to keep Your smile

Quick tips for healthy teeth



From Oral Health Promotion

healthy snacks

...for healthy teeth



forgetting to brush...



...unhealthy gums

Remember!...



Brushing

+



morning

+



night



a healthy smile !

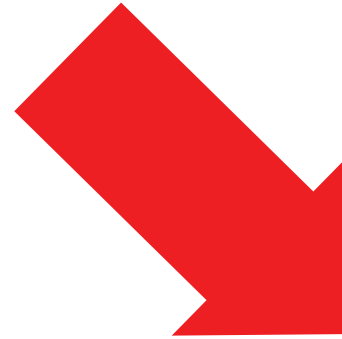
unhealthy snacks ... for healthy teeth



Tooth decay !

Remember!...

sugar + time = decay



sugar + time = decay

Remember!...



...to visit the dentist

Call the NHS dental helpline
0300 1000 899
to book your dental visit

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