Keeping your mouth happy and healthy

Good oral care can have real benefits – from greater self-confidence to better overall health.

We've worked with the experts at Toothfairy to put together some top tips to help keep you smiling.

Caring for your mouth

1 Make sure to brush your teeth at least twice a day, for 2 minutes. Ensure you keep the brush revolving in a circular motion.

2 Chew sugar-free gum after eating or drinking. Chewing a sugar-free gum, reduces the acids left behind on your teeth. Chewing sugar-free gum has been shown to increase the flow of saliva, thereby reducing plaque acid, strengthening the teeth and reducing tooth decay.

3 Clean in between your teeth at least once a day using interdental brushes or floss. This gets rid of up to 40% of hidden bacteria, especially as most cavities form between the teeth - which flossing helps prevent.

4 Use a fluoride toothpaste when brushing. Fluoride helps to protect teeth against decay by helping strengthen developing enamel and impairing acid production of bacteria.

5 Use a mouthwash that contains fluoride and is alcohol-free, which can help prevent tooth decay. Using the mouthwash at a different time from brushing preserves the protective fluoride from your toothpaste without rinsing it away.

6 Wait at least an hour after eating or drinking anything acidic before brushing your teeth. Brushing your teeth too soon after eating can further damage the enamel in its already vulnerable state.

7 Visit your dentist regularly, as often as they recommend, and your hygienist for excellent tips and advice on preventing dental problems.

With Toothfairy, you can chat with a dentist and get oral health advice and guidance on demand helping to prevent more serious issues.