



Looking after your
TEETH -
you know
the drill...



**Healthy
TEETH
& gums**



Healthy teeth
are made up from

4
parts:

Enamel the hard
outer coating

Dental pulp the
soft tissue at the
centre of the tooth



Dentine a softer
material that supports
the enamel and forms
most of the tooth

Cementum a hard
material that coats the
roots surface

**Problems
with your
teeth**

**Healthy
gums**
should be:



- ✓ **Pink**
- ✓ **Firm to the touch**
- ✓ **Holding your
teeth securely in place**

Gum disease

a **build-up of plaque**
turns to acid and attacks
the teeth

SYMPTOMS

swollen gums, bleeding
after brushing or flossing

Tooth decay

a **breakdown in tooth
structure**, causing holes
(cavities) in the tooth

SYMPTOMS

sensitive teeth,
discoloration, toothache

Enamel erosion

loss of tooth enamel
caused by acid attack

SYMPTOMS

discoloration,
sensitive teeth, pain

**Periodontal
disease**

the **latter stages of
gum disease**

SYMPTOMS

bad breath, bad taste in
the mouth, loose teeth,
and abscesses

Food & drink
with **HIGH** acidity
consumed regularly

**TOO
much
SUGAR**

Not brushing
routinely



SMOKING

**Causes
of problems
and what to
AVOID**



How are the
**problems
treated?**



Fillings

commonly amalgam are
made from a mixture of
metals and used to repair
a cavity.



Crowns

a type of cap which completely
covers a real tooth, crowns can
be fitted to a tooth that has been
broken, damaged or decayed.



Implants

a titanium screw is fitted
into the jaw bone, helping
to replace just a single
tooth or several teeth.



Root canal

a procedure to remove bacteria
in the root canal system, once
complete the root canal is filled
and the tooth sealed with a
filling or crown.

**Keeping
your teeth
HEALTHY**



**Use
mouthwash
daily**

Brush
a day for **2** **twice**
minutes

**VISIT THE DENTIST
regularly
THROUGHOUT
the year**

**USE FLUORIDE
toothpaste to
STRENGTHEN
& PROTECT**

Spit

DON'T RINSE

so fluoride
stays on your
teeth longer



Eat a
balanced diet
**AVOIDING
SUGARY**
food and drink



Clean **between**
teeth **with floss**
or interdental brushes

Swill
water
after something
sugary or acidic