



# Keeping your mouth happy and healthy



Good oral health can have real benefits – from greater self-confidence to better prospects in careers and relationships.

We've worked with the Oral Health Foundation to put together some top tips to help keep you smiling.

## Diet and your oral health

- 1 Chew sugar-free gum after eating or drinking, especially sugary foods, to help protect your teeth and gums between meals.
- 2 Wait an hour after eating or drinking before brushing as the enamel is softer and you could brush away tiny particles.
- 3 A varied diet rich in vitamins, minerals, and fresh fruit and vegetables can help to prevent gum disease.
- 4 Finishing a meal with a cube of cheese is a great and tasty way to reduce the effect of acids damaging your teeth.
- 5 If you have a sweet tooth, try to choose sugar-free sweets and drinks which contain xylitol as it can actively contribute to your oral health.

## Caring for your mouth

- 1 Visit your dentist regularly, as often as they recommend, and your hygienist for excellent tips and advice on preventing dental problems.
- 2 Always use fluoride toothpaste to help strengthen tooth enamel and make it more resistant to decay.
- 3 Clean in between your teeth at least once a day using interdental brushes or floss.
- 4 Brush your teeth last thing at night and at least one other time during the day.
- 5 Don't use mouthwash straight after brushing as it rinses away the fluoride from your toothpaste.
- 6 Change your toothbrush every two to three months, or sooner if it becomes worn, for the best possible clean.
- 7 Quit smoking to help reduce the chances of tooth staining, gum disease, tooth loss, and in more severe cases, mouth cancer.

Unum Dental provides workplace dental cover to help manage the cost of dental treatment. To find out more, please contact your HR or Benefits team.

