

**BE PROUD
OF YOUR MOUTH**



SADA
THE SOUTH AFRICAN
DENTAL ASSOCIATION



**World Oral
Health Day**
20 March

fdi
FDI World Dental Federation

Practice a good oral hygiene routine

FACT

Oral diseases, such as tooth decay (dental caries) and gum disease, can impact every aspect of life, from relationships and self-confidence through to school, work, and the ability to interact with others. Yet they are preventable.

Here's how you can keep your mouth healthy throughout life:

- Brush for two minutes, twice a day. Toothbrushing helps remove food and plaque, which if not managed can lead to tooth decay and gum disease.
- Brush every surface. Use a manual or electric toothbrush to brush the inside surfaces, outside surfaces and chewing surfaces of your teeth.
- Use a fluoride toothpaste. Fluoride plays a key role in the fight against tooth decay.
- Do not rinse with water straight after brushing. Spit out any excess toothpaste instead.
- Replace your toothbrush every three months. Brushing with an old, frayed toothbrush will not clean your teeth and mouth properly.
- Floss at least once a day. Regular cleaning helps to dislodge food and may reduce gum disease and bad breath by removing plaque that forms along the gum line.
- Protect your mouth while you're on the go. When brushing is not possible, rinse with a fluoride mouthwash or chew sugar-free gum after meals and snacks.

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