



# 5 tips for better dental health

1



## Clean your teeth!

Brush your teeth for two minutes, twice a day. Children under 7 should be supervised. This will help to keep your mouth and teeth healthy, and reduce the risk of infection and decay. A mouthwash can be used in between brushing.

2



## Visit a dentist regularly

Excellent dental health should start from 6 months old. People with FOP should visit their dentist every three months to check that their teeth are in tip-top condition. Ask to have a fluoride paste applied to your teeth.

It is also advisable to see a specialist FOP dentist. Contact FOP Friends for a list of FOP specialists in your area.

3



## Cut back on sugary food and drinks

Eating and drinking a lot of sugar increases the likelihood of cavities developing, which will then need treatment.

5



## Choose tooth-friendly drinks and snacks

It's a good idea to limit food and snacks to mealtimes, but if you do want a tasty nibble then choose things like crunchy veggies or cheese, nuts, and drink milk or water.

4



## Use a high-fluoride toothpaste

Fluoride helps to prevent tooth decay. On the side of the toothpaste package, it will tell you how much fluoride is in your toothpaste.

- Under 3 years:** Use a smear of toothpaste with 1000ppm fluoride
- Over 3 years:** Use a pea-sized amount of toothpaste with 1350 - 1500 ppm fluoride.
- Over 10 years:** Ask your dentist for Duraphat 2800 toothpaste on prescription.
- Over 16 years:** Ask for Duraphat 5000 toothpaste on prescription.