

## Special Care Dental Service

Admin Office: Hollybank  
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Orpington BR6 ODS  
Tel: **01689 806859**

## Smoking

Some of the effects of smoking are listed below:

- Bad Breath
- Gum Disease
- Tooth Loss
- Extensive Staining

For advice on stopping smoking, please visit: [london.stopsmokingportal.com](http://london.stopsmokingportal.com)



## Alcohol

Alcohol alone or mixed with fizzy drinks can increase the chance of tooth decay and tooth erosion.

**Alcohol and smoking can increase the chance of oral cancer.**

*The advice in this leaflet is based on the Department of Health document: Delivering better oral health: an evidence-based toolkit for prevention. 3rd edition June 2014 and Public Health England, Health Matters, Preventing tooth decay, June 2017*

**Bromley  
Healthcare**  
better together

The Special Care Dental service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley and its neighbouring boroughs.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

## Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1 Knoll Rise  
Orpington BR6 OJA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

**[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)**

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**NHS**



# Oral health tips for teenagers

## General Oral Hygiene

Excellent oral hygiene can boost your confidence and self esteem to ensure you feel comfortable about yourself.

Effective daily plaque removal will **decrease** the chance of developing tooth decay and gum disease.

The following routine **should** be set to ensure optimum oral hygiene is achieved:

- Brushing **twice** daily for at least **2 minutes**

**2** MINUTES



**2** TIMES PER DAY

- Brush last thing at night and in the morning with either an **electric** or **manual** toothbrush
- Use **pea-sized** amount of fluoridated family toothpaste containing **1350 - 1500ppm** of fluoride
- **Spit** out after brushing and do not rinse
- You need to clean between the teeth as well. You could try floss or special brushes.

**Visit the dentist regularly.**

## Diet Advice

### Foods

- Try to eat a **healthy balanced diet**



- Look out for **hidden sugars** in foods - check the label
- Find carbohydrates (of which sugars) and then check the amount.  
**5g of sugar = 1 teaspoon of sugar**

**NO ADDED SUGAR**

**Doesn't mean sugar-free!**

### Snacking

Plaque bacteria on the tooth surface reacts to the sugar eaten from food and drinks forming acid which can cause tooth decay.

The frequency and amount of sugars should be reduced to a maximum of 4 times a day and kept to meal times only.

**Chewing sugar free gum can stimulate saliva to neutralise acid formed by sugar consumed.**

## Drinks

- Restrict fizzy drinks, juices and squash to meal times only
- Water and milk are the safest drinks for teeth.



## Tooth Erosion

Tooth Erosion is the loss of tooth enamel and can be caused by acidic food and drinks:

- Avoid frequent intake of acidic food and drinks
- Do not brush immediately after an acid intake or if you have been sick.

## Oral Piercings

Piercings in the mouth can lead to:

- Chipped teeth
- Infection/disease
- Inflammation and swelling of tongue
- Good oral hygiene can be affected
- Difficulty in speech and eating
- Gum recession