

Useful information

Ashton, Leigh & Wigan	Leigh Health Centre Pemberton Health Centre	01942 483401 01942 481930
Bolton	Lever Chambers	01204 403215
Bury	Moorgate Primary Care Centre	0161 4779866
Chester	Fountains Health Centre	01244 385563
Halton	Hallwood Health Centre	01928 593400
Heywood	Phoenix Centre	01706676743
Rochdale	Nye Bevan House	01706 677017
Oldham	Oldham Integrated Care Centre	0161 6213614
St Helens	St Helens Dental Clinic	01744 731395
Stockport	Kingsgate House	0161 2044720
Tameside & Glossop	Ashton Primary Care Centre	0161 3427150
Trafford	Seymour Grove Health Centre	0161 7863331
Warrington	Bath St. Health & Wellbeing Centre	01925 946293
Widnes	Healthcare Resource Centre	0151 4955042
Winsford	Dene Drive Primary Care Centre	01606 544188

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.

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Community Dental Service

Information for patients and carers about adult oral healthcare



Gum disease and tooth brushing

- Brush your teeth and gums before you go to bed at night and at one other time during the day.
- Use a toothbrush with a small head and soft or medium bristles.
- Use a pea sized amount of family fluoride toothpaste containing 1000 – 1450 parts per million fluoride. The dental team will show you where to find this information on the tube of toothpaste.
- Do not wet your toothbrush, your saliva will do that for you.
- Brush your teeth and gums thoroughly to remove the plaque and germs that can cause gum problems.
- Spit the toothpaste out when you have finished brushing but do not rinse. This will allow the toothpaste to strengthen your teeth for longer.
- Brush your teeth again more thoroughly if your gums bleed.
- If you use a mouth wash use it at a different time to brushing; after meals is a good time.

Tooth decay and diet

Eating and drinking sugary things too often can cause teeth to go bad (decay). Every time we eat or drink something containing sugar the germs in our mouth produce acids, which then attack our teeth.

To prevent tooth decay keep sugary food and drinks to mealtimes. Snacks such as fruit or toast and drinks of plain water, milk or tea and coffee without sugar, are all safer for teeth in between meals.

Erosion

Dental erosion is the thinning of tooth enamel which can make teeth sensitive to hot or cold things.

It is often caused by acids in fizzy (carbonated) drinks, concentrated fruit juices and diet drinks.

It is still alright to have these in moderation but they are best kept to meal times.

Smoking and alcohol

Smoking can affect the mouth causing:

- Gum disease
- Bad breath
- Cancer of the mouth and tongue
- Stained teeth.

If you would like help to give up smoking contact your doctor, community pharmacy or The Stop Smoking Service in your area.

Excess alcohol consumption can contribute to poor oral health. Limit alcohol intake to the recommended levels.

Oral cancer

Anyone can be affected by oral cancer, whether they have natural teeth or dentures. It can affect any part of the mouth and throat.

Visit your dentist regularly, when your mouth will be examined for any changes. If you notice any changes in your mouth contact your dentist straight away.