

Handy Tips To Care For Your Teeth

**LOVE YOUR MOUTH**  
The British Dental Health Foundation's  
**Top tips for a kissable mouth**

It may be the most romantic day of the year, but we are reminding people everywhere for the perfect Valentine's Day gift to care for forgetting to do the most important thing of all - to brush their teeth! A healthy smile is vital to the ideal perfect Valentine's Day, so here are our top tips for glowing teeth and a kissable mouth.

- Brush your teeth for 2 minutes** at least twice a day with a fluoride toothpaste.
- Floss daily** to remove plaque and food particles between your teeth.
- Use fluoride toothpaste** to help prevent tooth decay.
- Avoid sugary drinks** as they can lead to tooth decay.
- Eat a healthy diet** rich in vitamins and minerals to keep your teeth strong.
- Wear a mouthguard** if you play sports to protect your teeth from injury.
- Visit the dentist regularly** for check-ups and professional cleanings.
- Don't smoke** as it can lead to gum disease and tooth loss.
- Avoid alcohol** as it can dry out your mouth and lead to tooth decay.
- Use a tongue scraper** to keep your tongue clean and fresh.

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