



Newsletter Articles

How to Un F*ck your dental health.



This article explains how to fix your dental health with better habits.

Start here

- See a dentist to fix broken or infected teeth and get a professional clean.
- Most problems come down to two things: cleaning better and more often, and less sugar and acid.
- Brush twice a day for 2 to 3 minutes with the right brush and toothpaste.
- Good habits only take a few weeks to form.

Cleaning habits

- Keep your toothbrush and toothpaste where you can see them.
- Keep a toothbrush near the kitchen if you do not go back to the bathroom after breakfast.

- Keep a toothbrush and toothpaste at work.
- After eating, feel your teeth with your tongue for food and plaque.
- After brushing, feel for spots you missed and brush them again.

Diet habits

- Have less soft drink, energy drinks, sports drinks, lollies and biscuits.
- Drink plain water. Keep a water bottle at work, in the car and cold in the fridge.
- Use a straw for soft drink and juice.
- Choose sugar-free or xylitol gum and mints.
- Do not snack on sweets all day. Clean your teeth soon after eating them.