Newsletter Peel Park Surgery January 2019

Oral health

**Here's how you and your children can have healthy teeth and keep trips to the dentist to a minimum.**

* [Brush your teeth twice a day](https://www.nhs.uk/live-well/healthy-body/take-care-of-your-teeth-and-gums/#brush-your-teeth-twice-a-day)
* Floss between your teeth
* [Cut down on sugar, and other lifestyle tips](https://www.nhs.uk/live-well/healthy-body/take-care-of-your-teeth-and-gums/#cut-down-on-sugar-and-other-lifestyle-tips)
* [Brush baby teeth as soon as they come through](https://www.nhs.uk/live-well/healthy-body/take-care-of-your-teeth-and-gums/#brush-baby-teeth-as-soon-as-they-come-through)
* [Get children into a teeth-cleaning routine](https://www.nhs.uk/live-well/healthy-body/take-care-of-your-teeth-and-gums/#get-children-into-a-teeth-cleaning-routine)
* [Straighten crooked teeth with braces](https://www.nhs.uk/live-well/healthy-body/take-care-of-your-teeth-and-gums/#straighten-crooked-teeth-with-braces)
* [Have regular dental check-ups](https://www.nhs.uk/live-well/healthy-body/take-care-of-your-teeth-and-gums/#have-regular-dental-check-ups)
* [Don't delay dental treatment](https://www.nhs.uk/live-well/healthy-body/take-care-of-your-teeth-and-gums/#dont-delay-dental-treatments)

Mouth ulcers

**Mouth ulcers are common and should clear up on their own within a week or 2. They're rarely a sign of anything serious but may be uncomfortable to live with.**

**Do**

* use a soft-bristled toothbrush, drink cool drinks through a straw, eat softer foods,get regular dental check-ups, eat a healthy, balanced diet

**Don't**

* do not eat very spicy, salty or acidic food, do not eat rough, crunchy food, such as toast or crisps, do not drink very hot or acidic drinks, such as fruit juice,do not use chewing gum, do not use toothpaste containing sodium lauryl sulphate

**See a dentist or GP if your mouth ulcer:**

* lasts longer than 3 weeks, keeps coming back, becomes more painful and red – this may be a sign of an infection. Although most mouth ulcers are harmless, a long-lasting mouth ulcer some

**times can be a sign of cancer. Best get it checked.**