



don't let
bad breath
be your first
impression





Don't let bad breath get in the way of your career. Brush your teeth regularly and keep fresh.

Dental decay and leftover food stuck between teeth can cause bad breath. Smoking can also cause bad breath, gum disease and mouth cancer as well as stain teeth. For help to stop smoking call the NHS Grampian Smoking Advice Service on freephone **0500 600 332**.

Brushing twice a day with a pea sized amount of fluoride toothpaste (at least 1000ppm), cutting down on sugary snacks and fizzy drinks and visiting the dentist regularly will help keep your smile great.

Flossing or using interdental tape can also help improve your oral hygiene by removing plaque and food particles from between your teeth and under the gumline, areas a toothbrush can't reach. Try to clean between your teeth once a day. Your dentist or hygienist can show you proper cleaning techniques.

For top tips on how to get a great smile, find a dentist and learn more about Teeth TLC visit: **www.teethtlc.com**
or call the free Healthline: **0500 20 20 30**