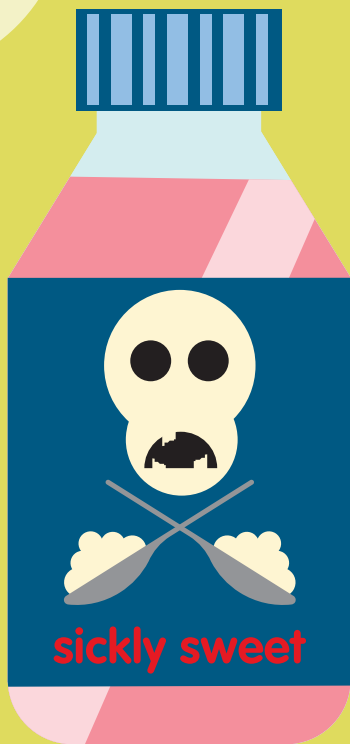


choose sugar-free medicine  
for a healthy smile



teeth.tlc  
Tender Loving Care for Teeth

visit: [www.teeth.tlc.com](http://www.teeth.tlc.com)  
or call the free Healthline:  
**0500 20 20 30**

**NHS**  
Grampian



**Don't be sickly sweet –  
choose a sugar-free medicine.  
Ask your GP or pharmacist to help you choose.**

Many medicines contain a lot of sugar, which can lead to tooth decay.

- ★ If the medicine contains sugar and is to be taken before bedtime, brush your teeth afterwards.
- ★ If you are getting a prescription from your GP you can ask them to prescribe a sugar-free alternative if there is one available.
- ★ If you are buying over-the-counter medicine ask your pharmacist for advice. There may be a sugar-free alternative.
- ★ Some medicines can give you a dry mouth which can harm your teeth – ask for advice if this happens.

For top tips on how to get a great smile, find a dentist and learn more about Teeth TLC visit: [www.teeth.tlc.com](http://www.teeth.tlc.com) or call the free Healthline: **0500 20 20 30**