

spit



don't rinse



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



**Spit, don't rinse!**

**Make sure that you're brushing your teeth correctly twice a day!**

Brush your teeth for 2 minutes, twice a day with a fluoride toothpaste (at least 1000ppm), in the morning and last thing at night using small circular brushing movements.

Use a pea sized amount of fluoride toothpaste, or just a smear for children under 2.

Don't rinse your mouth after brushing. Toothpaste contains fluoride which helps to strengthen and protect teeth. This protection works best if it isn't rinsed away after brushing, helping to keep your teeth strong and your smile healthy.

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