

# Keep your mouth and teeth healthy

healthpoint  
WALK IN FOR INFORMATION

NHS  
Grampian

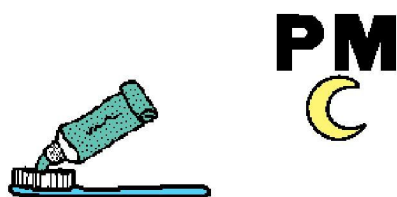
Clean your teeth 2 times a day



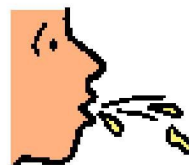
Clean your teeth in the morning



Clean your teeth at night



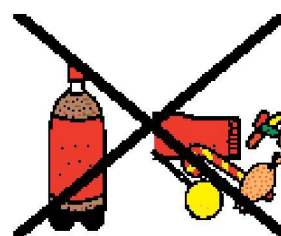
After you clean your teeth, spit out the toothpaste



Do not rinse your mouth with water



Eat less sugary food



Go to see your dentist regularly

