

# Your Prevention Plan



Name: .....

Date: .....

**BRISTOL**  
**DENTAL**  
**SCHOOL**

# Why have I been given this leaflet?

When it comes to your oral health, prevention is the best cure. Adhering to a good oral hygiene routine, reducing the amount and frequency of sugars you consume and visiting your dentist regularly will allow you to maintain good oral health and prevent diseases such as tooth decay and gum disease. This leaflet is tailored to your specific dental needs and is designed to help you keep your teeth and gums in good health.

## Your current dental health status



**Tooth decay**



**Gum disease**



**Tooth wear**

<input type="checkbox"/> You are at low risk of developing tooth decay	<input type="checkbox"/> Your gums are healthy	<input type="checkbox"/> You are low risk for tooth wear
<input type="checkbox"/> You are at high risk of developing tooth decay in the future	<input type="checkbox"/> Your gum health is stable, but you are at risk of gum disease	<input type="checkbox"/> You are at high risk of developing tooth decay in the future
<input type="checkbox"/> You require treatment for active tooth decay	<input type="checkbox"/> You have unstable gum disease that needs treatment	<input type="checkbox"/> You are high risk for tooth wear and require treatment

Other issues regarding your dental health:

## What you need to do/continue:



Brush twice per day: before bed and one other time.



Use a toothpaste containing 1350-1500ppm of fluoride, unless you've been prescribed a high fluoride toothpaste



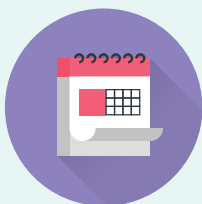
Brush in between your teeth at least once a day using interdental brushes unless you've been prescribed a high fluoride toothpaste



Reduce the amount and frequency of sugary foods and drinks you consume. Keep these foods to mealtimes if possible



Seek advice to help you reduce/quit your smoking habits 0300 123 1044 or visit NHS smoking cessation services online



Attend your dental appointments and inform the dental school if you cannot attend



Complete a diet diary you have been issued and bring it to your next appointment

Your target areas are:

The correct size interdental brushes for you are:

Other things you could benefit from:

Notes:

## Top tips to help keep your teeth and gums healthy:

- Don't rinse your mouth immediately after brushing, as it'll wash away the concentrated fluoride in the remaining toothpaste!
- Use an interdental brush that provides a snug fit but doesn't cause pain when used. Your dentist should be able to help you with this
- Insert your interdental brush between your teeth and move it back and forth 8-10 times before removing. Repeat this between every tooth
- Replace your interdental brush every 2 weeks
- Use normal floss for tight areas
- Consider using a single tufted brush around dental implants and teeth which have large amounts of recession, are not fully erupted, or are restored with crowns
- Consider using superfloss to clean around and under any bridges you may have
- Never use mouthwash after you have brushed your teeth, only before toothbrushing or any other time in the day
- Wait at least 30 minutes after eating or drinking something acidic or sugary before you brush
- Keep snacking to a maximum of once per day
- Limit sugary foods or drinks to mealtimes only
- Consider using a straw when drinking fizzy drinks

As well as providing clinical care, our School has an important role in research. This allows us to discover new and improved ways of treating patients. While under our care, you may be invited to take part in research. To find out more please visit: [bristol.ac.uk/dental/research](http://bristol.ac.uk/dental/research)

---

Help us prevent the spread of infection. Please make sure your hands are clean. Wash and dry them thoroughly/use the gel provided. If you have been unwell in the last 48 hours please consider whether your visit is essential.

---

To access all patient leaflets and information please go to the following address:  
[bristol.ac.uk/dental/treatment](http://bristol.ac.uk/dental/treatment)

Smoking is the primary cause of preventable illness and premature death. For support in stopping smoking contact NHS Smokefree on **0300 123 1044**.

Drinkline is the national alcohol helpline. If you're worried about your own or someone else's drinking, you can call this free helpline in complete confidence. Drinkline on **0300 123 1110**.

Please ask at reception  
if you require this  
information in a different  
language or format.

**Contact us:**

Monday to Friday,  
8:30 am - 4:30pm  
T: 0117 374 6647

Emergency out of hours  
NHS 111



[bristol.ac.uk/dental](https://bristol.ac.uk/dental)