

# Integrated Specialist Public Health Nursing School Nursing Newsletter

June 2022

The core ambition of the Integrated Specialist Public Health Nursing Service (ISPHNS) School Nursing team is to promote healthier, happier children and young people, who are ready to take advantage of positive opportunities and able to reach their full potential.

## NATIONAL SMILE MONTH

**A HEALTHY SMILE IS IMPORTANT** • For making good first impressions • To boost your confidence • For clear communication • For eating and enjoying food. If you don't look after your teeth and gums you can suffer from: • Bad breath • Tooth decay • Tooth loss • Gum disease • Dental erosion

**ORAL HYGIENE** Brush teeth and gums twice a day with a pea sized amount of 1450 ppm fluoride toothpaste twice a day for two minutes. – unless advised otherwise by your dentist. Use a small headed toothbrush with medium bristles.. Use a dry toothbrush to clean more effectively. Spit out toothpaste but don't rinse with water – this allows the fluoride in your toothpaste to be absorbed by your teeth and help strengthen enamel. Only use alcohol free fluoride mouthwash (unless instructed by your dentist) and use at a different time from brushing.

Floss once a day to help remove bits of food and plaque from between your teeth .

**BRACES** for your braces to be a success it is essential that your oral hygiene is of the highest standard and many orthodontists recommend using a daily fluoride mouthwash to reduce the chance of decay around your brace .



