

# LOOKING AFTER YOUR ORAL HEALTH DURING THE CORONAVIRUS CRISIS

## *Top 10 tips from Dr Ellie Ledger*

1. Separate your toothbrushes to avoid cross contamination
2. Use a toothbrush holder to maintain hygiene
3. Brush at least twice a day - before breakfast and last thing at night
4. Floss (or use Tepe interdental brushes) after brushing at night
5. Use Corsodyl/Curasept mouthwash (will not stain teeth) if you feel any soreness of the gums or have any ulcers
6. Clean the washbasin
7. Replace your toothbrush every three months, or your electric toothbrush heads every two months
8. Make hygienist and check-up appointments when practice reopens
9. Avoid sugary foods and drink which can cause acid erosion
10. Don't smoke or vape

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dental care