



Do you need help finding an NHS Dentist?

If you live or work in Stoke-on-Trent, Newcastle-under-Lyme or Staffordshire Moorlands, call: **0300 123 0981**

If you live or work in any other area of Staffordshire, call: **01283 505845**

Top Tips

Brush twice a day, especially last thing at night.

Spit toothpaste out after brushing, **but** don't rinse out.

Cut down on **how much** and **how often** you have sugary snacks and drinks.