

# Oral Health Promotion Video

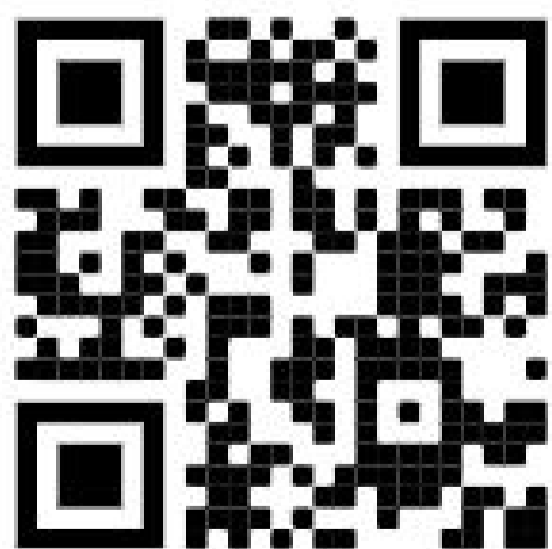


Aggie the Alien comes to the rescue – helping fight tooth decay in Hillingdon!

Here is a short video about how to take care of your teeth.

Follow James on his journey as he goes back in time to discover why he has dental caries and how he can keep his teeth healthy in the future with helpful tips from Hillingdon's Aggie the Alien.

Scan the QR code to watch the video.



Aggies top tips to keep teeth healthy:

- Brush twice a day; last thing at night is the most important
- Use a smear of toothpaste containing fluoride for under 3 years and a pea size for over 3 years
- For maximum protection against dental caries use between 1,350 – 1,500 parts per million Fluoride
- Spit your tooth paste out, but do not rinse
- Reduce sugar in your diet and keep to mealtimes only
- Visit your Dentist for regular check-ups

[www.whittington.nhs.uk/oralhealth](http://www.whittington.nhs.uk/oralhealth)

Whittington Health NHS Trust and North West London CCG