

# Keep your mouth and teeth healthy

healthpoint  
WALK IN FOR INFORMATION

NHS  
Grampian

Clean your teeth 2 times a day



Clean your teeth in the morning



Clean your teeth at night



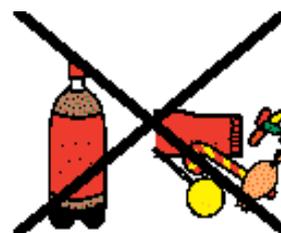
After you clean your teeth, spit out the toothpaste



Do not rinse your mouth with water



Eat less sugary food



Go to see your dentist regularly



**healthpoint**  
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**healthline** 0500 20 20 30  
CALL FREE FOR INFORMATION



If you need more help with keeping your mouth and teeth healthy:



You can phone the free Healthline on  
0500 20 20 30

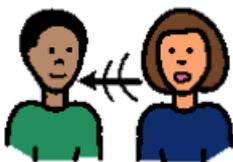


Or go to your local Healthpoint:

**Aberdeen Market, Monday - Saturday,  
10.00am - 4.00pm**

**ARI Concourse, Monday - Friday,  
10.00am - 4.00pm**

**1-3 Kirk St Peterhead, Tuesday - Friday  
11.00am - 3.00pm**



Healthpoint is a place where you can get free  
advice and information about your health