

Activity 1: Dental Health Quiz

1. Which description shows the best steps in caring for teeth each day?

- A. Clean between teeth, brush with fluoride toothpaste, rinse with mouthwash
- B. Brush with fluoride toothpaste, clean between teeth, rinse with mouthwash
- C. Brush with fluoride toothpaste, clean between teeth, spit out excess toothpaste
- D. Clean between teeth, brush with fluoride toothpaste, spit out excess toothpaste

2. What makes a good toothpaste?

- A. Recognisable brand name
- B. The right amount of fluoride
- C. Higher cost
- D. All of the above

3. If someone has severe dental pain and their dentist is closed for the night they should...

- A. Take some pain killers and wait until it opens the next day
- B. Call their dentist and check if there is an out of hours services
- C. Call NHS 111
- D. Any of the above

4. Which food or drink from the options below is the most damaging to teeth?

- A. Whole fruit
- B. Fruit juice
- C. Smoothie
- D. Milk

5. Which of the following treatments could be necessary for someone's dental health?

- A. Braces
- B. Veneers
- C. Tooth whitening
- D. All of the above

6. Which of the following people is qualified to provide tooth whitening services

- A. Dental nurse
- B. Dentist
- C. Beautician
- D. All of the above

7. How can smoking affect dental health?

- A. Slows healing after teeth have been removed
- B. Increases risk of gum disease
- C. Increases risk of tooth loss
- D. All of the above

Activity 2: Dentistry for health or cosmetic procedures

Having a dental check-up	Getting veneers (thin pieces of porcelain that cover teeth)
Getting a filling to treat decay	Tooth whitening
Getting braces	Removal of decayed teeth
Removing wisdom teeth (the teeth at the back of your mouth)	Scale and polish (when a hygienist removes plaque and tartar from teeth)
Root canal (treating a dead tooth nerve)	Replacing an existing amalgam (silver) filling with a white filling
Covering a damaged tooth with a crown	



Activity 2: Did you know...

- Young people are entitled to free NHS dental care until they are 19 years old and in full-time education! However, cosmetic procedures will incur a cost that is not covered by the NHS.
- Preventative actions, such as regular check-ups, good oral hygiene practices, and wearing a gum shield during sports, can all help to avoid decay and keep teeth protected and healthy!
- Veneers require the filing down or cutting away of part of the tooth in order to be applied - it is an irreversible process and veneers can require replacement due to cracking, wearing down or loosening.
- Often photos online or photos of celebrities aren't always as they appear! Physical changes, such as applying veneers, and digital changes, such as editing photos, can make smiles appear whiter than they really are.
- Amalgam fillings sometimes need replacing if there is decay underneath them or if they are defective. However, if amalgam fillings that are in good condition are replaced, this may provide unnecessary risk to the tooth, as additional healthy tooth will be drilled away in the process.
- The only safe place to receive cosmetic treatments is from a qualified dental professional. Tooth whitening from beauty therapists, for example in spas or clinics, is illegal and can cause major damage to the mouth.
- Scale and polish treatments are often used to treat gum disease or to improve oral hygiene, however they are also sometimes used as a cosmetic procedure to remove nicotine or tea/coffee stains.
- Crowns are used when damaged teeth are weaker and need extra support, but they are sometimes used simply for cosmetic reasons (which can risk the actual tooth!)
- Whitening is often used as a cosmetic procedure, however there are cases in which an individual may have defects in their enamel. This can affect their confidence and at this point the NHS may consider covering the cost.
- Braces can be cosmetic, but are also offered on the NHS to those who fall into categories deemed to be 'higher need'.

Activity 3: Scenarios

Bailey	Sky
<p>Bailey hasn't been to the dentist in over a year. He hasn't felt any problems with his teeth, so he doesn't think he should go.</p> <p>He flosses and brushes his teeth twice a day and really tries to avoid sugary foods. Each morning for breakfast Bailey has cereal with milk and some fruit juice. He tries to make as many healthy choices as he can.</p>	<p>Sky visits the dentist regularly and almost always flosses twice a day before brushing their teeth.</p> <p>After school Sky knocked a tooth out during an accident at rugby practice and they're pretty sure the dentist is closed! A friend found the tooth and has brought it to them. There hasn't really been much bleeding but Sky's mouth feels really sore.</p>

Jae

Jae drinks lots of cola and coffee and occasionally smokes a cigarette with friends at the weekend. He has developed a stain on his teeth, he's spoken to his friends about it and they have said that they hadn't really noticed.

Jae still wants to get rid of the stains. He's recently bought an electric toothbrush, which has helped a little bit. He hasn't been to the dentist in a while but he did need some fillings last time he was there.

Rhea

Rhea is always careful to brush her teeth daily, and she has decided to only have one soft drink a day, but she has noticed that her gums bleed a bit when she brushes them.

She has never had this before and her mum says that she might be brushing too hard, but Rhea's worried something might be wrong. She went to the dentist a few months ago, but the bleeding has started in the past couple of weeks.

Additional activity: Decision flowchart

