Bromley Healthcare community first



Let's have a **Super Smile**

My super smile helps me to

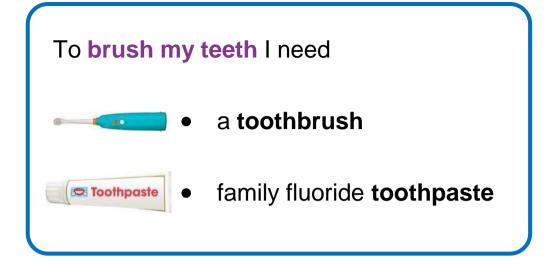


- eat my food
 - talk to my friends and carers
- have fresh breath
- look my best

To keep my super smile I



- brush my teeth
- try not to eat sugary foods,drinks and snacks
- visit the dentist



I brush my teeth



- all round **every surface** of **every tooth**
 - before I go to bed
 - in the **morning**



every day



If you need a dentist,



0300 311 22 33



Bromley Healthcare Community Paediatric and Special Care Dental Service can help too.





01689 499234

Select option 3 and then option 6 to speak to **Claire**



You may need to fill in a **form** called **HC1** to find out how much you need to **pay** for your **treatment**.

You can get an **HC1 form** from a job centre or benefits office

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