



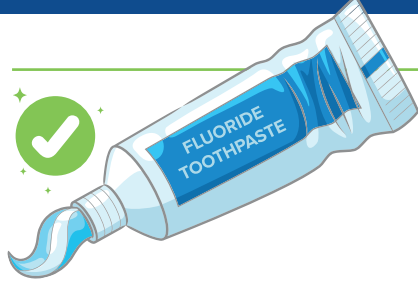
Sustainability  
in Dentistry

# Maintaining good oral health is good for YOU and good for the environment

You can help by making small changes that reduce your impact on the environment

Following a good oral health routine and healthy habits helps the environment.

## Prevent Disease



Brush twice a day for 2 minutes.  
Clean between your teeth daily.  
Always use a fluoridated toothpaste.

Avoid frequent **sugary food** and **carbonated "fizzy", flavoured drinks**.

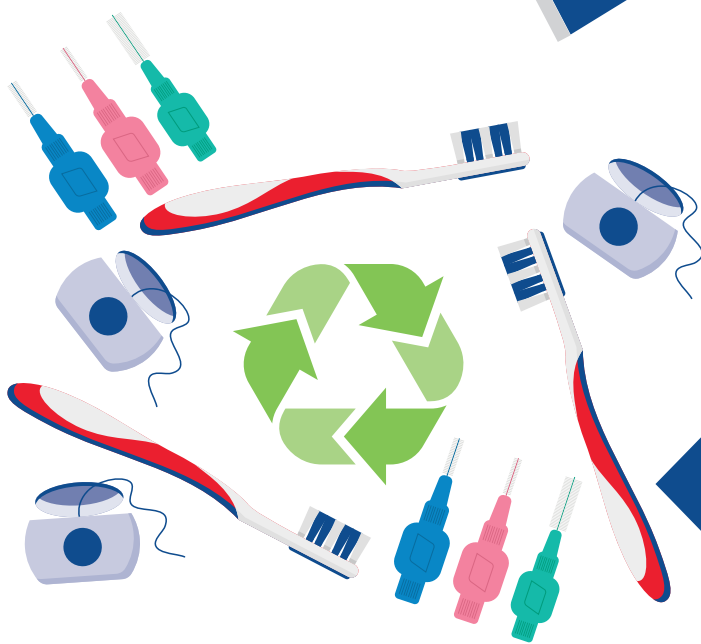
Moderate your intake of alcohol and **quit tobacco** (including vaping and other sources).



## Recycle

Choose toothbrush, toothpaste tubes and packaging made from sustainable materials

**Recycle** packaging, brushes and toothpaste tubes **when possible**.



### SAVE WATER!

Turn water off while brushing your teeth.  
No need to rinse after brushing.  
Place used floss in the waste bin, **not the toilet**.

## Promote Sustainability

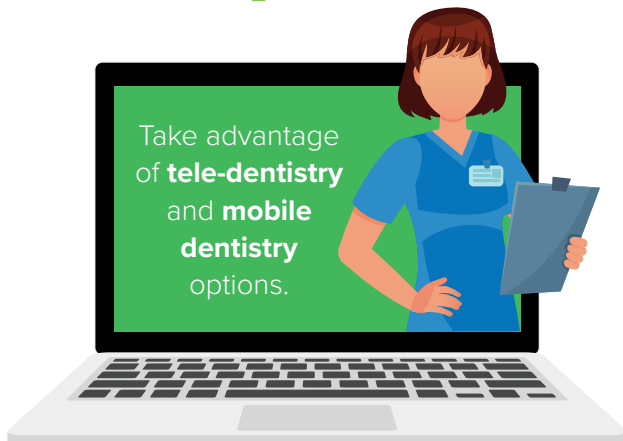


- ✓ Ask your dentist about their sustainability policy.
- ✓ Ask about booking family appointments to reduce the number of trips you take.
- ✓ Ask about combining several appointments (the dental check-up and hygienist cleaning, for example) into one
- ✓ Ask your dentist about a recycling scheme.
- ✓ Ask for electronic invoices and treatment plans



Dentistry has an impact on the environment.

## Reduce CO<sub>2</sub>



Take advantage of **tele-dentistry** and **mobile dentistry** options.

If you are able to, opt to use **public transport, cycle** or **walk** to attend your appointment



The four founding partners of the Sustainability in Dentistry project are Colgate, GSK Consumer Healthcare, Dentsply Sirona and TePe

Content developed by the Sustainability in Dentistry Task Team: N. Martin, J. Zenk, S. Darteville, S. Mulligan



FDI World Dental Federation  
Chemin de Joinville 26 • 1216 Geneva • Switzerland  
T +41 22 560 81 50 • info@fdiworlddental.org  
www.fdiworlddental.org

Read more about the FDI Sustainability in Dentistry project  
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