

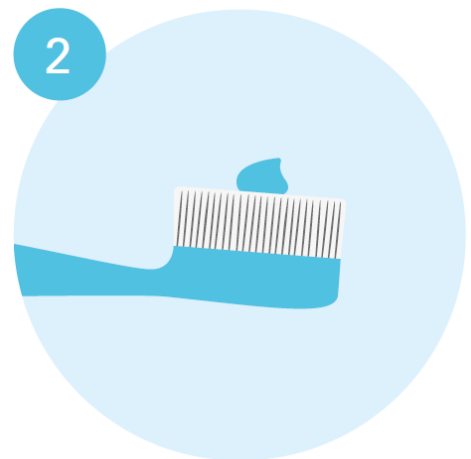
KEEPING YOUR TEETH HEALTHY

With dental services closing across the State, it's important for us to all look after our own teeth (and those of our children).

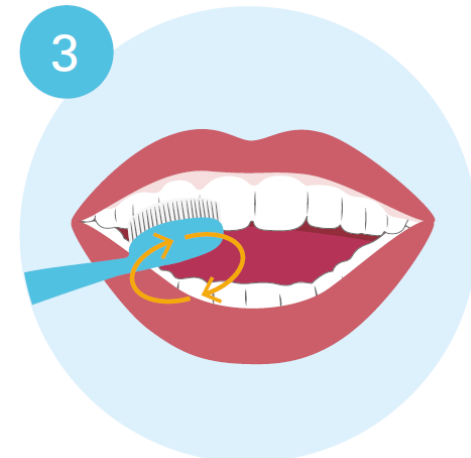
How should you brush your teeth?



1 Brush in the morning and at night before going to bed.

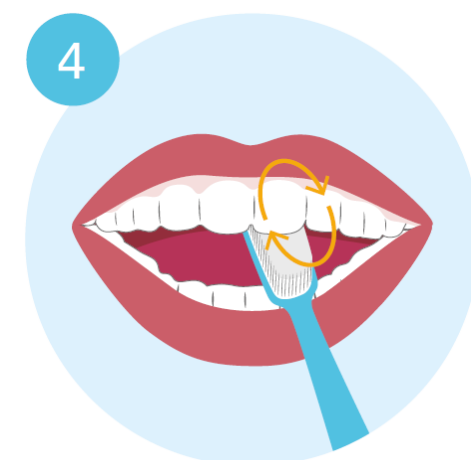


2 Use a pea-sized amount of toothpaste on a soft toothbrush.

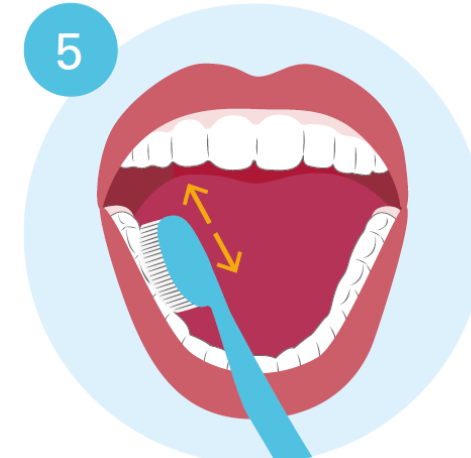


3 Brush your teeth and along the gum using a gentle circular motion.

Start with the outside surfaces.



4 Repeat with the inside surfaces.

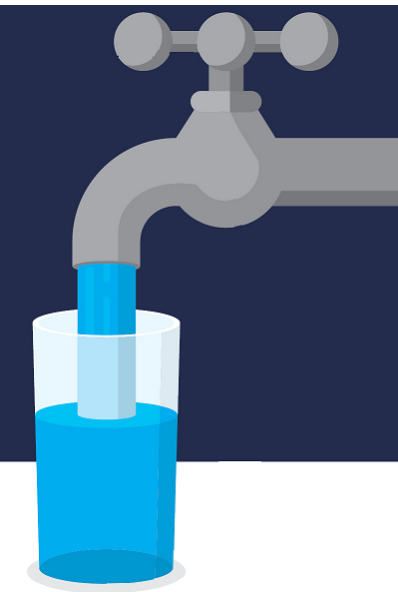


5 Use a light back and forth motion on the chewing surfaces.

Spit out the toothpaste when you're finished.

What should you drink to keep your mouth healthy?

- Water is the best drink to keep your mouth and body healthy.
- Drink lots of tap water each day!
- Drinking sweet drinks can cause holes in your teeth. Holes in your teeth can be very painful.
- Limit sweet drinks such as soft drinks, cordial, energy drinks, sports drinks and flavoured milk.



What should you eat to keep your mouth healthy?

- Healthy food keeps your mouth and body healthy.
- Healthy foods include vegetables, fruit, grains and cereals like rice and wholegrain bread, milk, cheese and yoghurt, lean meat, fish, chicken, eggs and legumes.
- Eating sugary foods can cause holes in your teeth.
- Sugary foods (such as cakes, sweet biscuits, lollies and chocolate) should only be eaten sometimes.
- Try not to snack on sugary foods between meals.



Further support

- Contact Bass Coast Health Dental Clinic by phone (03) 5671 3268 or The Royal Dental Hospital 1800 833 039

