

**All children under 18 years of age in NSW
are eligible for FREE public dental services
if they have a Medicare Card.**

Contact your Local Health District to
make an appointment.

Contact details for public dental services

Sydney / South Western Sydney	(02) 9293 3333
South Eastern Sydney	1300 134 226
Illawarra Shoalhaven	1300 369 651
Northern NSW / Mid North Coast Hunter New England	1300 651 625
Central Coast	1300 789 404
Northern Sydney	1300 732 503
Murrumbidgee / Southern NSW	1800 450 046
Western Sydney	(02) 9845 6766 or 1300 739 949
Nepean Blue Mountains	(02) 4734 2387 or 1300 769 221
Far West / Western NSW	1300 552 626

**If you have pain, swelling, or bleeding in your
mouth, or loose teeth it is very important to
see a dentist right away!**

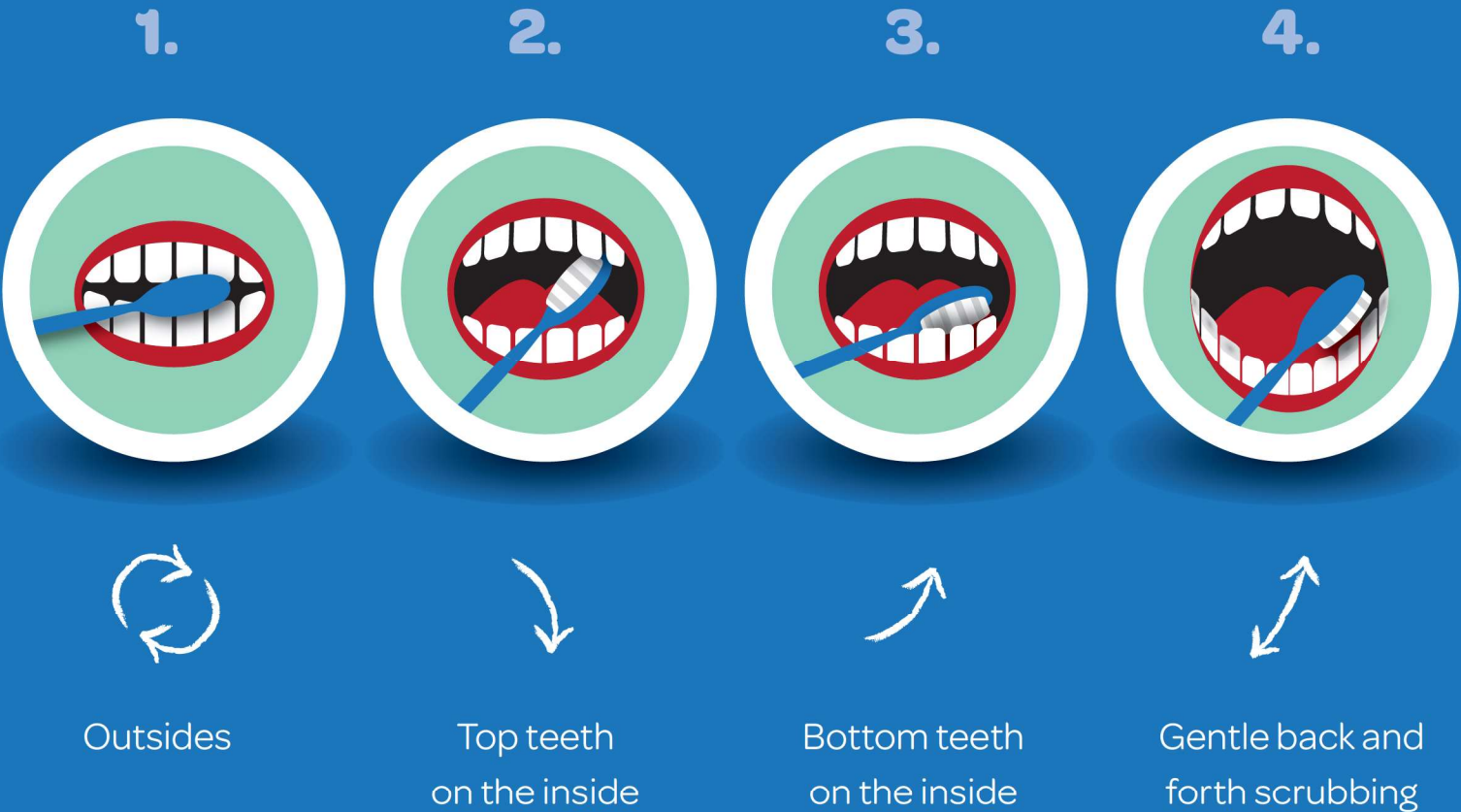
If it is after hours, you should go to your local
hospital's emergency department.



SHPN (COHs) 140420
Developed by South Eastern Sydney Illawarra and Sydney West Area
Health Service * Sponsored by Centre for Oral Health Strategy NSW
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HOW TO BRUSH

Move the brush in small circles forward and backward over teeth



**TOP DENTAL
TIPS**

for young people

EAT WELL



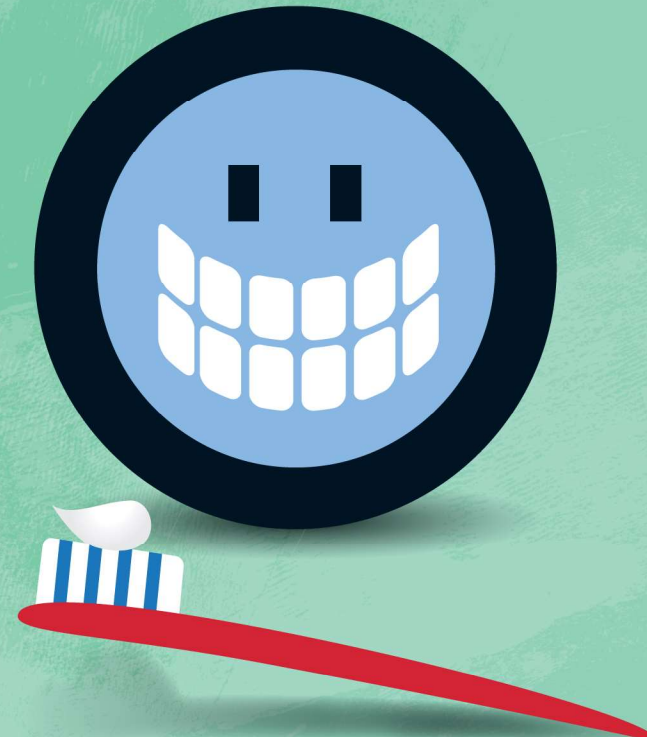
- **Limit sweet and sticky foods** – they cause tooth decay.
- **When you have the munchies choose healthy snacks** like fruit, cheese and yoghurt.
- **Chew sugar free gum** – it creates saliva (spit), which protects your teeth.

DRINK WELL



- **Drink tap water** – It's free and contains fluoride which helps protect your teeth from tooth decay.
- **Limit sweet drinks and sports drinks** – they cause tooth decay.
- **Drink plain milk with meals** – it's an excellent source of calcium and other essential nutrients.

CLEAN WELL



- **Brush morning and night** with fluoride toothpaste for healthy teeth and gums.
- **Use a small soft brush** to avoid damage to teeth and gums.
- **If you have sensitive teeth** use a special toothpaste to reduce sensitivity, which you can find at the supermarket or pharmacy.

STAY WELL



- **Have a dental check up once a year** to keep your teeth and gums healthy
- **Vomiting can cause tooth erosion** – rinse your mouth with tap water after vomiting then smear toothpaste over your teeth to help strengthen enamel and freshen your mouth.
- **If you have your mouth or lip pierced** use plastic or rubber jewellery to protect your teeth and have it done by a professional.
- **Smoking causes cancer, gum disease and tooth loss** – For help with quitting call Quitline on 137 848 or go to icanquit.com.au.