Diet:
> Choose healthy foods and avoid frequent snacks, soft drinks and juices.
> Plain tap water is the best drink for healthy teeth.
> Where possible, choose medicines that are sugar free.

For more information

SA Dental Service contact details are listed in the White Pages Business and Government listing under SA Health. Contact your local clinic for appointments and treatment information.

For general enquiries contact:
SA Dental Service
GPO Box 864
Adelaide SA 5001
Telephone: 1300 008 222

Interpreter services:
If you need an interpreter, call the clinic before your appointment, so arrangements can be made.
Welcome to the School Dental Service

The School Dental Service offers expert oral health care to all children under 18 years of age who are living or going to school in South Australia. This care is provided by teams of dentists, dental therapists and dental assistants at clinics throughout South Australia.

Treatment costs

All babies, children and young people under 18 years, are welcome to attend a School Dental Service clinic.

There are no out of pocket costs for children:

- not yet at school
- under 18 years, and eligible for Medicare Child Dental Benefit Scheme (CDBS)

Or covered by the following:

- Pensioner Concession card
- Health Care Card
- School Card Scheme.

A small fee applies each calendar year for dental care provided to other children. Any dental emergencies treated at a School Dental Service Clinic between check-ups are also covered by this fee.

General dental care

Your child’s general dental care may include:

- a dental check-up
- information on oral health and nutrition
- x-rays
- cleaning teeth
- applying fluoride and sealants to prevent tooth decay
- filling or extracting teeth when necessary
- referral to a dentist or dental specialist for further advice.

Your child’s oral health is important to their general health and wellbeing. You are encouraged to attend dental appointments, as sharing knowledge and information will help you and clinic staff provide your child with the best dental care.

Making an appointment

The best time for a child’s first dental check up is between 12 and 18 months age.

For information about making an appointment, contact one of our clinics. Parents of children with particular physical and/or intellectual needs should discuss individual treatment needs with clinic staff.

Emergencies

If you have a dental concern during business hours, contact one of our clinics.

After hours, call healthdirect Australia on 1800 022 222 for advice.

Dental tips

Give your child’s teeth a healthy start.

Care:

- If bottle feeding
  - put your child to bed without a bottle
  - take the bottle away when your child has finished feeding.
  - from six months of age children can use a cup – plan to give up the bottle by 12 months of age.

- If your child uses a dummy, do not put anything sweet on it. Clean dummies under running water – not in your mouth.

- Avoid sharing spoons with your child.

- Lift your child’s top lip monthly, to check for early signs of tooth decay. White chalky lines on the teeth near the gum can be an early sign.

- Seek dental advice if you notice any changes in your child’s teeth. Children from birth can attend the School Dental Clinic.

Brushing:

- As soon as teeth come through, clean them with a soft toothbrush or cloth every morning and evening before bed.

- 0 – 17 months no toothpaste.

- 18 months – 5 years use a pea size amount of low fluoride children’s toothpaste.

- 6 years and older use full strength fluoride toothpaste.

- Use a small soft toothbrush to clean your child’s teeth and gums. Younger children will need your help.

- After brushing, spit toothpaste out but don’t rinse.