

SA Dental Service

Your oral health

A healthy mouth is important
to your general health and wellbeing

healthySMILE
healthyLIFE



Caring for your teeth and gums

- > Clean your teeth and gums morning and night
- > Use a small, soft toothbrush and adult fluoride toothpaste.
After brushing, spit the toothpaste out, but don't rinse
- > Limit how often you have sugary food and drink.
Choose healthy snacks like fruit and cheese
- > Plain tap water is the best drink for your teeth
- > Visit a dental professional regularly
- > If you are a smoker, think about quitting (for free advice call 13 78 48)

To find your local SA Dental Service clinic, go to www.sahealth.sa.gov.au/sadental
Or check the locality guide in the Yellow Pages for private dentist details



Government
of South Australia

SA Health