

Dental services in NSW



NSW Public Dental Services provide free dental care for all children under the age of 18 with a Medicare card. NSW Public Dental Services also provide free dental care for adults residing in NSW that hold an Australian government concession card. For more information about NSW Public Dental Services go to www.health.nsw.gov.au/oralhealth/Pages/info-patients.aspx

Some **Aboriginal Community Controlled Health Organisations (ACCHO)** provide dental care for their community. Each ACCHO may have different eligibility criteria and appointment processes for their dental programs. For more information go to www.health.nsw.gov.au/aboriginal/pages/contact.aspx

To find a **private dentist** go to www.ada.org.au/Find-a-Dentist

Some children (between 0 and 17 years) may be eligible for the **Commonwealth Child Dental Benefits Schedule (CDBS)**. For more information about the Commonwealth Child Dental Benefits Schedule (CDBS) visit: www.health.nsw.gov.au/cdbs

Proudly supported by the NSW Government in association with South Western Sydney Local Health District, Sydney Local Health District, and the NSW Centre for Oral Health Strategy.



In collaboration with



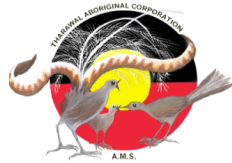
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Centre for Health Equity Training Research and Evaluation (CHETRE)
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NSW Health

Healthy Smiles for Adults





Food and drink

Choose healthy snacks that protect your teeth (like fruit, cheese, and yoghurt).

Chew sugar-free gum it creates saliva (spit, which protects your teeth).

Limit sweet and sticky foods (like biscuits, cakes, chips, and chocolates).

Drink fluoridated water, it's free and helps protect your teeth from tooth decay.

Limit soft drinks and sport drinks, they can cause tooth decay.

Limit alcoholic drinks.

Brushing teeth

Brush your teeth and gums morning and night.

Use a small soft toothbrush with a small amount of fluoride toothpaste.

Clean between your teeth and gums with dental floss for healthy teeth and gums.

If you have dentures clean them every day with a wet soft toothbrush and mild liquid soap (not toothpaste).

Dental check-ups

Have regular dental check-ups to keep your teeth and gums healthy. Don't wait for a problem.

Smoking causes gum disease and tooth loss. If you want to quit call the NSW Quit Line on 13 78 48.

Sport

Mouth guards should be worn for all sports where there is a risk of mouth injury e.g. rugby, football.

Wear the full face helmet or face guard if you are playing sports such as cricket.

