

How to brush

- ✓ Use a toothbrush with soft bristles and small sized head
- ✓ Use a fluoride toothpaste
- ✓ Brush twice a day
- ✓ Spit out toothpaste but don't rinse with water

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



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



Brush on the outside of the teeth using a circular motion. Start on one side and go all the way to the other side of the mouth.



Brush on the inside surface of every tooth making sure that you clean down to the gums.



Gently brush the surfaces of the top and bottom teeth. Start on one side and follow all the way to the other side of the mouth.

How to floss

Use floss to clean where your toothbrush can't reach. Guide the floss between the teeth using a gentle up and down motion.



Should I use a mouth rinse?

Only use a mouth rinse if recommended by your dental practitioner.

Dental services in NSW

Children under 18 years old with a Medicare card are eligible for free dental care through NSW Public Dental Services. Parents or guardians must sign a Child Dental Benefits Schedule (CDBS) Bulk Billing Patient Consent Form. If a child is not eligible for CDBS or has already used their benefit, care is still provided at no cost.

For more information about the CDBS visit: health.nsw.gov.au/cdbs.

NSW Public Dental Services also provide free dental care to adults who have a Medicare card and either hold or are listed as a dependent on a valid Australian Government concession card.

To access NSW Public Dental Services call: **1800 679 336**
or go to health.nsw.gov.au/dental

If you need an Interpreter Service call **13 14 50**.

To find a private dentist go to ada.org.au



Brush your
teeth morning
and night



Eat more
fruit and
vegies



Choose
water as
a drink



Have regular
dental
check-ups