

# Your oral health

SA Dental Service

## A healthy mouth is important to your general health and wellbeing

### 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](http://www.sahealth.sa.gov.au/sadental)

Or check the locality guide in the Yellow Pages for private dentist details

