

Your oral health

SA Dental Service



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