Good Oral Health
Tips and Tricks

ADA
AUSTRALIAN DENTAL ASSOCIATION

Brush twice a day

The best protection against tooth decay and gum disease.

Clean between your teeth

Remember brushing does not remove the plaque in between your teeth - use floss or interdental brushes.

Visit your dentist

Regular check ups do more than just check for tooth decay, they also check for oral cancer and gum disease.

Spit, don't rinse

Spit out excess toothpaste after brushing, but don't rinse out your mouth. This washes away the fluoride that helps protect your teeth.

Limit your snacks

Each time you eat foods containing sugar you feed the bacteria in your mouth that cause tooth decay.

Drink water

Drinking fluoridated tap water after meals helps flush out left over food particles from the mouth and strengthens your teeth.

Protect your pearly whites

Play contact sports? Ask your dentist about custom-made mouthguards. They protect your teeth better than store bought varieties.

For more information on your dental health visit **ada.org.au**

f facebook.com/HealthyTeethAustralia

twitter.com/AUS_Dental