Good Oral Health
Tips and Tricks

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