



GOOD ORAL HEALTH TIPS AND TRICKS

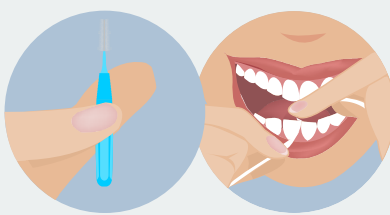


BRUSH TWICE A DAY



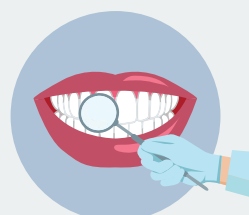
Brush after breakfast and before bed using a soft bristled toothbrush and fluoride toothpaste. This provides the best protection against tooth decay and gum disease.

CLEAN BETWEEN YOUR TEETH



Remember brushing alone 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 PEARY WHITES



PLAY CONTACT SPORTS?

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

SUPPORTING
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