



**SMARTER
SMILES**

ACHIEVING A WHITER AND STRAIGHTER SMILE



Why aren't my teeth white?

- Poor oral hygiene
- Dental decay
- Tooth wear
- Staining due to dark coloured food/drinks
- Smoking
- Genetic
- Dark coloured filling materials
- Tetracycline antibiotic use



FACT

ALL TEETH HAVE VARYING SHADES OF COLOUR, DUE TO HOW MUCH ENAMEL IS PRESENT. TEETH CAN STILL BE HEALTHY EVEN WHEN YELLOW.



Checklist for healthy teeth and a whiter smile

- ✓ Brush teeth, gums and tongue twice a day and floss daily
- ✓ Use a fluoride toothpaste
- ✓ Drink plenty of water
- ✓ Limit sugary and acidic food and drinks
- ✓ Have a dental check-up at least once a year
- ✓ Avoid smoking, alcohol and drug use
- ✓ Chew sugar free gum to promote saliva
- ✓ After an episode of vomiting, rinse with water and avoid brushing for 30 minutes



Mouthguards and sports

A mouthguard is very important to help protect your teeth when participating in activities like contact sports — even at training!

How do I get a mouthguard?

A custom-fitted mouthguard can be made by your oral health professional, to provide the best protection.

Alternatively, you can buy a low-cost kit from a chemist or sports store, also known as Boil and Bite or Ready to Wear mouthguards.

How can I look after my mouthguard?

- Store in a hard container
- Rinse with water before and after each use
- Use a toothbrush and mild soapy water to clean your mouthguard
- Avoid hot water and leaving your mouthguard in a hot place or in the sun as it can distort the material

Orthodontics

Do I need braces?

Not everyone needs braces and there are no concrete rules when you should have them.

An orthodontist is a dental specialist who is trained to treat dental issues with mal-positioned teeth and jaws.

The first step is to see your oral health practitioner at any age for a general check-up. They can identify or monitor any orthodontic concerns, give tips on oral hygiene and treat any teeth or gum issues prior to treatment.

What tell-tale signs should I look out for?

- Crowded, crooked or misplaced teeth
- Protruding teeth and jaw (overbite)
- Late or irregular loss of baby teeth
- Missing teeth
- Under or over bite
- Difficulty in chewing or biting
- Mouth breathing

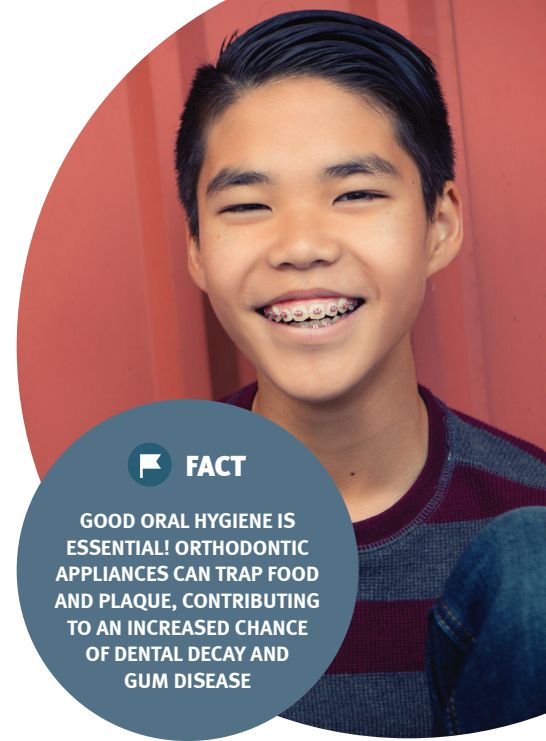


What types of orthodontic treatments are available?

- Traditional metal or ceramic fixed braces
- Clear aligners
- Various types of plates or retainers

How much does it cost?

We understand that it's the first thing parents and patients want to know. The exact cost is dependent on the individual situation and type of work required, and a quote will be provided at the consultation.



FACT

GOOD ORAL HYGIENE IS ESSENTIAL! ORTHODONTIC APPLIANCES CAN TRAP FOOD AND PLAQUE, CONTRIBUTING TO AN INCREASED CHANCE OF DENTAL DECAY AND GUM DISEASE

Key oral health messages



Brush well

Brush teeth twice a day with fluoride toothpaste



Eat well

Eat healthy foods and reduce intake, amount and frequency of sugary foods



Drink well

Drink lots of water and limit intake of sugary drinks



Play well

Wear a mouthguard when playing contact sports to prevent injury



Stay well

Have regular dental check-ups

For more information

Contact Metro North Oral Health Services



www.health.qld.gov.au/metronorth/oral-health



Call Centre on **1300 300 850**