



**SMARTER
SMILES**

KEEPING YOUR TEETH HEALTHY

LEARN ABOUT CHECK-UPS,
BRUSHING AND FLOSSING



Free dental treatment is available for eligible high school students

What to expect at a dental check-up

A **comprehensive examination** is an assessment of the patient's teeth and gums to identify risk factors for dental disease and any orthodontic concerns.

Dental x-rays may be taken, with consent, to detect any abnormalities such as bone loss or tooth decay, unable to be seen with a bare eye.

A **dental clean** is the removal of plaque (bacteria) or calculus (hard mineral deposits) that can build up on your teeth. Usually this build up is close to the gums so there may be temporary discomfort or bleeding at the time.

Fluoride varnish is a sticky paste which is applied to the teeth that need extra protection.



FACT

A DENTAL CHECK-UP
ISN'T AS SCARY AS YOU
MAY THINK. DISCUSS
ANY CONCERNS AT
YOUR APPOINTMENT.

How to brush

Use a soft-bristled toothbrush with a small head and a fluoride toothpaste, for at least two minutes to brush well.



1 Top insides

Jiggle along every tooth making sure you clean down to the gums.



3 Chewing surfaces

Brush along the surface of the top and bottom back teeth.



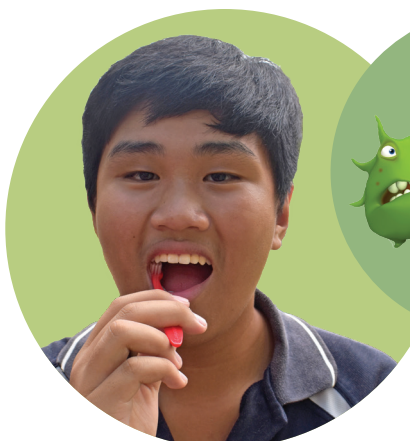
2 Bottom insides

Jiggle along every tooth making sure you clean down to the gums.



4 Outsides

Brush using a circular or up and down motion. Start on one side and go all the way to the other side.



FACT



BACTERIA LIVES
EVERYWHERE
IN THE MOUTH
- BRUSH YOUR
TONGUE AND
GUMS TOO!

Is it the same technique with an electric toothbrush?

No, there is no need to do the circular and jiggling motion. Guide the brush head slowly from tooth to tooth, holding the brush head in place for a few seconds against each tooth before moving on to the next one. Follow along with the shape of each tooth and the curve of the gums.

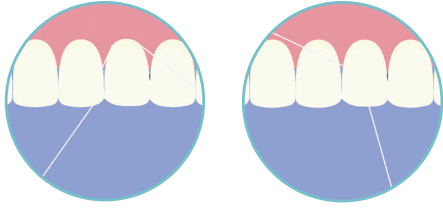
Will a toothbrush get the plaque and food from in between the teeth?

No, it is very important to clean in between your teeth daily to avoid issues such as dental decay and bad breath.

Remove plaque and food build up with floss, flossettes or interdental brushes.



Dental floss



- Wrap the floss around your middle fingers
- Pinch the floss between your thumbs and index fingers leaving 3-4cm in between.
- Gently see-saw the floss in between your teeth
- Wrap the floss around each side of the tooth and use a wiping action.

Fluoride fast facts

Fluoride is a naturally occurring mineral that can protect our teeth by:

- Forming part of the building blocks that make up the hard enamel of teeth
- Shielding teeth from acid attacks and sugars from daily foods and drinks
- Limiting demineralisation or early decay.

There are three ways to have fluoride:

1. A regular fluoride-containing toothpaste
2. Tap water: most Queenslanders can access fluoridated tap water
3. Topical fluoride varnish applied by an oral health professional

Scientific evidence supports fluoride is safe and effective to protect teeth.



Teeth are important to eat, drink, talk, and look and feel good about yourself!
Avoid issues such as bad breath, decay, cavities, gum disease, sensitivity and dental trauma.

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**

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Hospital and Health Service

 **Queensland**
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