



AUSTRALIAN DENTAL
ASSOCIATION

Oral health basics

Four simple tips

1 Brush twice a day, using fluoride toothpaste

- Brush your teeth for at least two minutes, twice a day.
- Use a soft-bristled toothbrush with small head and flexible neck.
- Clean teeth systematically, holding toothbrush at gumline at a 45 degree angle.
- Don't press too hard – too much pressure can damage gums and tooth enamel.
- Choose a toothpaste with fluoride and replace your toothbrush every three months.



2 Use floss at least once a day

- Make flossing part of your oral hygiene regime.
- Floss at least once a day.
- Ask your dentist to demonstrate the correct flossing technique.
- Ask your dentist if interdental aids will complement your flossing.
- Your children should floss too, start as soon as your child has two teeth that touch.

3 Eat healthy and have less sugary drinks and food

- Limit your sugar intake as its the single-biggest cause of tooth decay.
- Fluoridated tap water is best.
- Read ingredients ;abel on food products as many have hidden sugars.
- Choose teeth friendly foods such as cheese, nuts and vegetables.
- Avoid snacking and grazing.



4 Have regular dental check-ups

- Make sure you visit your dentist regularly, at least once a year!



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

f [facebook.com/HealthyTeethAustralia](https://www.facebook.com/HealthyTeethAustralia)
t twitter.com/AUS_Dental