



AUSTRALIAN DENTAL ASSOCIATION INC.

DENTAL HEALTH TIPS FOR ADULTS

1. Today's dentistry tries to avoid dental fillings by preventing dental disease before it goes too far. It is important to ask your dentist how often you need a check-up to avoid costly and more complex treatment.
2. To prevent gum disease, which can often lead to loss of teeth, it is important to use a small, soft toothbrush (and a non-harmful technique of brushing), together with daily use of dental floss.
3. Brush your teeth at least twice a day (after meals) and use a fluoride toothpaste. This fights the decay process and helps the enamel to resist acid attack.
4. It is not too late for you to have orthodontic treatment to straighten your teeth and correct the way they bite together. Ask your dentist's opinion whether any treatment is necessary and/or what can be achieved.
5. Watch your diet and limit your intake of sweet food and drinks to mealtimes only, when you can follow up with toothbrushing to remove plaque and prevent acid attack.