







Stay Well

-  Have regular check-ups – don't wait for a problem
-  Check-ups are especially important if you are pregnant (or planning a pregnancy) as severe gum disease increases the risk of giving birth to preterm and low birth-weight babies
-  Keep your own teeth and gums clean and healthy. Germs from your mouth can pass over to your baby's mouth on dummies, bottles and spoons
-  You still need a dental check – up if you have dentures
-  You **MUST** tell your dentist (i) if you have a serious medical condition, and (ii) what medications you take
-  Protect your face, skin and lips from too much sun by wearing a hat and t-shirt, and putting on sunscreen and lip protection



Don't smoke – it can cause gum disease, tooth loss and cancer of the mouth. Talk to a health professional or call the Quitline 131 848 for help with giving up smoking

Play Well



Wear a professionally fitted mouthguard when you are playing and training for any sport where there is a risk of mouth injury



Wear a full-faced helmet or face guard if you are playing sports such as cricket



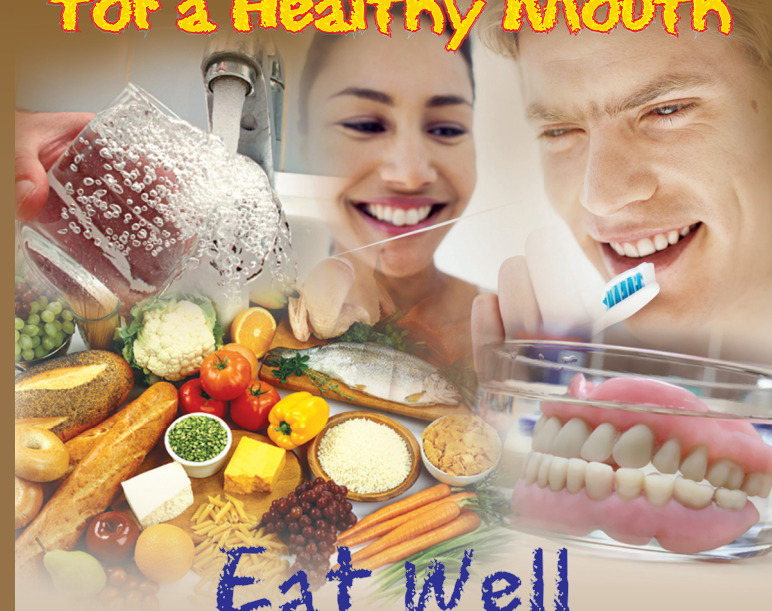
Centre for Oral Health Strategy
NEW SOUTH WALES

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NSW Messages for a Healthy Mouth



Eat Well

Drink Well



Clean Well

Play Well





Stay Well

FOR ADULTS






Eat Well

-  Enjoy a wide variety of nutritious foods
-  Eat healthy snacks in-between meals (like cheese, vegetable sticks, fresh fruit, yoghurt, wholegrain sandwiches and soups)
-  Avoid snacking on sugary and sticky foods and sweets between meals (like cakes, biscuits, pastries, lollies/candy)

Drink Well

-  Drink tap water – it's the best drink! – especially before and after physical activity
-  Avoid acidic and sugary drinks (like fruit juice, cordial, soft drink and sports drinks) – they are particularly harmful if they are sipped slowly, or swished and swilled in the mouth before swallowing
-  Ask your doctor for sugar-free medicine. Some medications can cause you to have a dry mouth, which can increase the risk of tooth decay. Talk to your doctor or dentist about this, especially if you have a number of medications
-  Limit alcoholic drinks

Clean Well

-  Brushing and flossing are the best ways to keep your teeth and gums healthy
-  Brush your teeth and gums twice a day with a small amount of fluoride toothpaste, especially before bed
-  Use a toothbrush with soft bristles and a small head
-  Clean between your teeth with floss, dental woodsticks or an interdental brush
-  If you have dentures clean them carefully everyday, with a wet soft toothbrush and plain unperfumed soap (don't use toothpaste). Do clean your remaining natural teeth with toothpaste



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