

# How to brush

- ✓ Use a toothbrush with soft bristles and small sized head
- ✓ Use a fluoride toothpaste
- ✓ Brush twice a day
- ✓ Spit out toothpaste but don't rinse with water

Brush in the morning and at night before going to bed.



Use a pea-sized amount of fluoride toothpaste on a soft toothbrush.



Brush on the outside of the teeth using a circular motion. Start on one side and go all the way to the other side of the mouth.



Brush on the inside surface of every tooth making sure that you clean down to the gums.



Gently brush the surfaces of the top and bottom teeth. Start on one side and follow all the way to the other side of the mouth.

# How to floss

Use floss to clean where your toothbrush can't reach. Guide the floss between the teeth using a gentle up and down motion.



## Should I use a mouth rinse?

Only use a mouth rinse if recommended by your dental practitioner.

## Contact

NSW Public Dental Services provide free dental care for all children under the age of 18 with a Medicare care.

Adults residing in NSW that hold an Australian government concession card can also receive free dental care through NSW Public Dental Services.

For more information about NSW Public Dental Services call **1800 679 336** or go to

<https://www.health.nsw.gov.au/oralhealth/Pages/info-patients.aspx>



Brush your  
teeth morning  
and night



Eat more  
fruit and  
vegies



Choose  
water as  
a drink



Have regular  
dental  
check-ups