FIRST ORAL HEALTH VISIT

Children should have an oral health assessment by the age of two years.

FREQUENCY OF ORAL HEALTH VISITS

10 Everyone has different oral health needs and risk levels which should be reflected in the frequency of check-ups. Talk with your oral health professional about your risk level and how frequently you need to visit for an oral health check.

SMOKING

11 Quit smoking to improve oral and general health.

For further information

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Oral Health Promotion Clearinghouse
Mouthguards should be worn for all sports where there is a reasonable risk of a mouth injury. This includes football, rugby, martial arts, boxing, hockey, basketball, netball, baseball, softball, squash, soccer, BMX bike riding, skateboarding, in-line skating, trampolining, cricket (wicket keeping), water skiing and snow ski racing.

Experts in the field of dentistry, oral and general health, reviewed research in Australia* to compile the following 11 messages to protect your teeth, gums and mouth.

1. DIET
Breast milk is best for babies and is not associated with an increased risk of tooth decay.

2. After 6 months of age, infant feeding cups, rather than infant feeding bottles, should be preferred for drinks other than formula or breast milk. Sugary fluids should not be placed in infant feeding bottles. Comfort sucking on a bottle should be discouraged.

3. TOOTHBRUSHING
Brush teeth and along the gum line twice a day with a soft brush.

4. Follow the Australian dietary guidelines. Focus on:
   - drinking plenty of tap water
   - limiting sugary foods and drinks
   - choosing healthy snacks, e.g. fruits and vegetables.

5. MOUTHRINSES
People over 18 months of age should use appropriate fluoride toothpaste.

6. CHEWING GUM
Fluoride mouthrinses can be effective in reducing decay. Speak with your oral health professional about whether fluoride mouth rinsing is appropriate for you.

7. SAFETY
Chewing sugar-free gum can reduce dental decay.

8. Mouthguards should be worn for all sports where there is a reasonable risk of a mouth injury. This includes football, rugby, martial arts, boxing, hockey, basketball, netball, baseball, softball, squash, soccer, BMX bike riding, skateboarding, in-line skating, trampolining, cricket (wicket keeping), water skiing and snow ski racing.

*Scientific paper published in the September 2011 issue of the Australian Dental Journal