

SA Dental Service

Dental care

...for adults

- > Use a small, soft toothbrush to clean your teeth and gums morning and night.
- > Use adult fluoride toothpaste. After brushing, spit out the toothpaste but don't rinse.
- > Replace your toothbrush regularly.
- > Eat fresh fruit and savoury foods between meals.
- > Avoid sugary drinks and foods between meals.
- > Plain tap water is the best drink for your teeth.
- > Try chewing sugar free gum between meals to stimulate saliva, which will help protect teeth from tooth decay.
- > If you are a smoker, think about quitting and give your teeth and gums a healthy chance (for free advice call 13 78 48).

For more information

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