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Disclaimer

While every effort was made to ensure the information was accurate and up to date at the time of production, some information may become superseded as future research and new oral hygiene products are developed. In addition, the information in this resource is not intended as a substitute for a health professional's advice in relation to any oral health issues of concern.

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Our mob need healthy
mouths as we get older.



Government of South Australia
SA Health



Building Better Oral Health Communities



It's easy to eat, talk and smile
if you look after your mouth.

Good oral health begins at home

Uncle reckons we all should know:

- we've got to look after our natural teeth and gums or they'll get rotten and sore
- we've got to look after our dentures and gums to stop our mouths getting crook
- medicine we take to keep our bodies going can make our mouths dry, so we need to sip water more often
- if our mouths get infected the infection can spread to the rest of our bodies
- how to look after our oral health, so we can eat, talk and smile without shame or pain.



Your breath smells good
when you brush twice a day!

Taking care of our natural teeth



Aunty reckons we all should:

- brush our teeth, gums and tongue twice a day
- use a pea-sized amount of fluoride toothpaste
- spit but don't rinse after brushing
- replace our toothbrush every 3 months.



Don't forget to clean your
falsies and your gums!

Taking care of our dentures



Uncle reckons we all should:

- brush our dentures twice a day
- use a denture brush with mild liquid soap or a denture paste to clean, then rinse well
- use a soft toothbrush to clean our gums and tongue
- put our cleaned dentures in a container of fresh water at night time
- use a denture soaking tablet to disinfect our dentures.



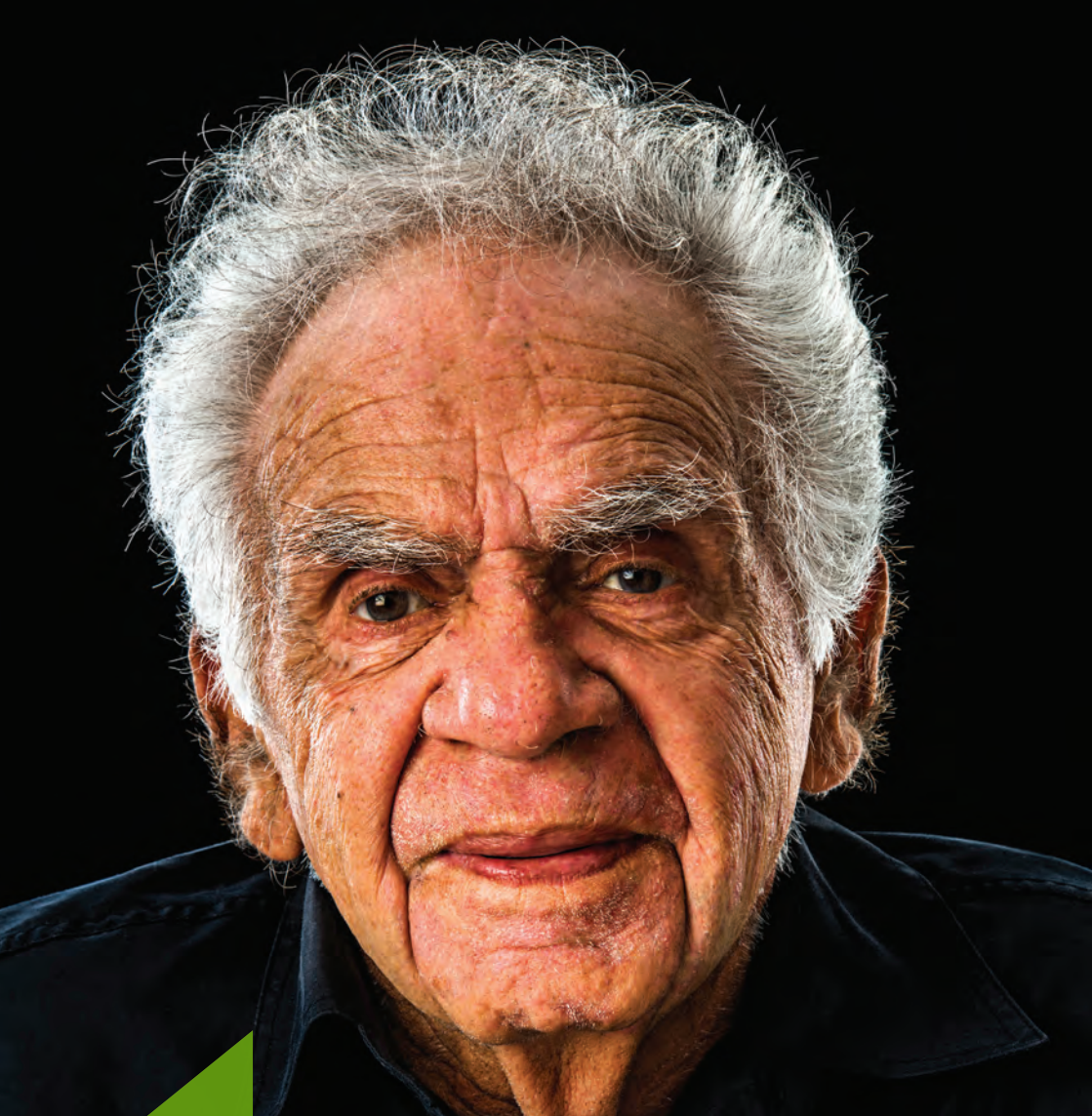
Come on! Drinking plain water
is good for you.

Relieving our dry mouths



Aunty reckons we all should:

- keep our mouth moist by sipping plain tap water
- save sugary food or drinks, juice, tea, coffee and alcohol for sometimes
- stay off foods that are dry or salty or spicy
- put a water-based moisturiser on our lips
- ask our dentist or pharmacist about products that help keep our mouth moist.



This is top tucker and it makes your teeth strong.

Having tooth friendly food and drinks



Uncle reckons we all should:

- eat tooth friendly foods like vegetables, fruit, plain milk, yoghurt and cheese
- drink plain tap water to clean our mouth after meals, snacks, other drinks and medications
- limit snacking.



See the dental mob and get
a healthy mouth.

Seeing our dentist



Aunty reckons we all should:

- find a dentist we can trust by asking our health professionals for help
- visit our dentist if we've got any of our own teeth
- go to our dentist if there's pain in our mouth while chewing
- see our dentist if fillings come out or if we need a check-up
- head off to our dentist when our teeth and mouth are so bad that we haven't been laughing or smiling
- have an appointment with our dentist if eating makes our teeth hurt
- go to our dentist if we can't relax because our mouth is troubling us.



Smokes are no good for you.
There's free help to give up.

How we can quit smoking



Uncle reckons smokers should:

- call the Quitline on 13 7848 (Aboriginal and Torres Strait Islander people work at Quitline in some states)
- ask our health professionals to help us find out about free nicotine help for Aboriginal and Torres Strait Islander people.