How to care for your teeth

About Easy Read

Easier words with pictures to help explain some ideas.

Care for your teeth

A woman brushing her teeth.

Having healthy teeth and gums is important.

This fact sheet says how to take care of your teeth.

It explains things you can do to keep your teeth healthy.

It talks about going to the dentist.

It can help you keep your teeth healthy.

Caring for your teeth and gums is good for your health. It can help prevent:

- tooth aches and decay
- gum disease
- other health problems.

This fact sheet says how to take care of your teeth.

The fact sheet says you should:

- clean your teeth 2 times a day
- drink lots of water

- talk to your doctor if you often have a dry mouth
- tell your doctor if you have reflux, which means stomach acid in your mouth
- go to the dentist every 6 months

The fact sheet also has information about the different kinds of dentist you can see.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

This resource was made by

Australian Government Department of Health, Disability and Ageing

The Department of Health, Disability and Ageing works to get better health and wellbeing

Wellbeing is how you feel in your body and mind. It includes your health, your feelings, and how you manage everyday life.

for all Australians, now and for future generations. It is part of the Australian Government.

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