

# PacificSmiles DENTAL<sup>®</sup>

Pacific Smiles Dental Centres are located throughout Australian Capital Territory, New South Wales, Queensland and Victoria.

Most of our centres are open 6 days with some open Sundays, public holidays and evenings.

Visit our website for locations and more information

[www.pacificsmilesdental.com.au](http://www.pacificsmilesdental.com.au)



## BEST VALUE DENTAL HEALTH



**At Pacific Smiles Dental, we know that the most cost effective approach to dental care is through good oral hygiene and healthy habits. The old saying that prevention is better than cure is certainly true when it comes to dental care. Good oral hygiene practices that are started at an early age and maintained throughout life reduce the likelihood that costly major dental work will be needed in the future.**

Tooth decay and gum disease are the two main problems which occur due to poor oral hygiene.

**The best ways to avoid these dental problems include:**

**Regular brushing** - It is important to clean teeth at least twice a day with a gentle but thorough brushing action using a soft brush with a small head and fluoride toothpaste. Correct brushing will reduce plaque build-up and tooth decay.

**Regular flossing** - Flossing between the teeth once a day will help prevent the build-up of food and plaque, reducing the risk of both tooth decay and gum disease. Introduce children to flossing early and show them how to do it. Floss handles can be purchased to make flossing easier.

**Regular dental check-ups** - Regular visits to the dentist should start for children from three years of age or earlier if there are any concerns. For most patients, a check up with the dentist every six months is highly recommended. Plaque and scale can still form in places around the teeth that are difficult to reach, even with regular brushing and flossing, therefore it is important that teeth be thoroughly cleaned and checked by a dentist regularly.



### **Healthy Eating and Drinking**

**Habits** - A healthy diet with plenty of fresh fruit and vegetables is the best way to establish good dental health. Frequent consumption of food and drink high in sugar content can result in tooth decay. Drinks such as cordials, soft drinks, sports drinks and fruit juices should be consumed in moderation. Plain water is the best drink for the teeth, particularly tap water containing fluoride.



**No Smoking** - Many people do not realise that tobacco is one of the leading risk factors in developing gum disease and tooth loss. Smoking increases the risk of receding gums and oral cancer, most commonly in the tongue and the cheek.

### **Private Health Insurance**

Many private health insurers now recognise the cost-effectiveness of regular dental visits for a check-up and clean. They provide dental care benefits such as no-gap or subsidised fees for these regular treatments. It is worth looking into the packages available to find one that provides you with a value-for-money option to assist in your commitment to lifelong dental health.

Pacific Smiles Dental is committed to caring for your teeth and helping you achieve a beautiful, healthy smile for life.

All procedures at Pacific Smiles Dental Centres are carried out using state-of-the-art equipment in modern, friendly facilities which offer the convenience of extended opening hours. Sterilisation and infection control practices at Pacific Smiles Dental are subject to the highest quality standards for the health and safety of patients, employees and practitioners.

For more information on maximising your dental health please visit

[www.pacificsmilesdental.com.au](http://www.pacificsmilesdental.com.au)

or contact your local Pacific Smiles Dental Centre.