



**IT'S FREE
AND IT'S
ALL GOOD!**

Under 18?

**No matter where you're at ...
high school, training course,
work or unemployed ...
you can receive**

FREE dental care every year

**and give yourself something
to smile about!**



let's
talk
teeth



WHAT'S THE DEAL?

*No matter where you're at ...
high school, training course,
work or unemployed ...
you can receive FREE dental care
every year until your 18th birthday!*

WHAT FREE DENTAL CARE WILL I GET?

- ✓ A yearly check-up.
- ✓ X-rays if necessary.
- ✓ Cleaning to remove plaque, staining and tartar.
- ✓ Fillings for teeth that have tooth decay (holes).
- ✓ Extractions to remove teeth that have been badly affected by tooth decay.

For more details, go to www.letstalkteeth.co.nz

WHY GO FOR A CHECK-UP?

*Having a healthy mouth
and an attractive smile
can improve your
confidence and self-esteem.*

- ✓ Regular check-ups help you maintain healthy teeth for an attractive smile.
- ✓ Dentists can give you expert advice about:
 - keeping your teeth, mouth and gums healthy (called oral health)
 - preventing bad breath
 - dental decay and toothache
 - preventing gum disease (gingivitis).
- ✓ Good oral health can also improve your overall health. (Gum disease has been linked with heart and lung diseases and diabetes.)

WHAT TO DO?

1. To find the dentists providing free care in your area, call **0800 TALK TEETH** (0800 825 583).
2. Phone or visit your chosen dentist to make an appointment for a check-up.
3. Turn up for your appointment. Let the receptionist know you are there and who you are. You'll need to fill out an enrolment form when you get there.

It's so easy –
and you can take a
support person with you
if you like!

1 2 3
EASY AS!



WHICH DENTIST SHOULD I GO TO?

Choosing a dentist is a bit like choosing a hairdresser. You may

follow the advice of a mate, health professional or family member – but it's up to you to choose. And it's fine if you want to change to a different dentist – you'll just need to fill out an enrolment form when you go to your new provider.

Not all dentists provide the free dental service, so phone **0800 TALK TEETH** (0800 825 583) to check for the free providers in your area.

WHAT TO EXPECT AT THE DENTAL PRACTICE

Dental practices often have a strange smell. This is from the cleaning products they use to make sure everything is super clean and ultra-sterilised so germs can't spread.

Sometimes you'll hear unusual sounds. These sounds are from the equipment dentists use to clean and fix your teeth.

Also expect to see dentists and dental staff wearing uniforms, gloves and masks. This is to prevent germs from spreading between patients and staff.

A dentist or dental therapist may provide your dental care. A dental assistant may also be present to help the dentist.



WHAT TO EXPECT AT YOUR APPOINTMENT

- Check-ups usually take about 15 minutes.
- You will be invited to meet the dentist in the consulting room.
- The dentist will:
 - check the forms you filled in
 - ask you some questions about your health
 - invite you to sit in the dental chair
 - position a light to shine into your mouth
 - usually provide you with protective plastic glasses to put on
 - use special tools to feel the surfaces of your teeth and around the gum line
 - if necessary, take X-rays of your teeth, to check for decay.
- Just relax and, when asked, open your mouth wide.
- If no decay is found in your teeth and your gums are healthy, your dental care will probably take only one appointment.
- If something needs to be fixed, you may need more than one appointment. The dentist will discuss this with you. It is important you go back and finish your treatment to prevent pain or further problems.

TIPS FOR HEALTHY TEETH AND GUMS AND FRESH BREATH

- ✓ Be smokefree.
- ✓ Drink water or milk (instead of fizzies, energy drinks and fruit juices).
- ✓ Use a mouthguard when playing contact sports.
- ✓ Brush twice a day with fluoride toothpaste and floss once a day.
- ✓ Go for a dental check-up every 12 months.

Brushing twice a day and flossing daily removes plaque and bacteria from your teeth and gums and is the best way to prevent bad breath, dental decay and gum disease.

FOR MORE INFORMATION

- Call 0800 TALK TEETH
(0800 825 583)
- Visit www.letstalkteeth.co.nz
- Talk to your local free dentist





HOW FRESH IS YOUR BREATH?

Lick your wrist,
wait 10 seconds and
then smell the spot
where you licked.
The smell will be very
similar to what your
breath smells like.

*98 percent of teenagers surveyed
voted bad breath as the
worst turn-off when dating a girl or guy.*

See inside for how to
have healthy teeth and
gums and fresh breath.



MANATŪ HAUORA

New Zealand Government

This resource is available from www.healthed.govt.nz or the Authorised Provider at your local DHB. December 2012. 06/2014. Code HE2399