

## Tips to care for your teeth

### Eat Well

- Enjoy a wide variety of healthy foods
- Avoid snacking on sugary and sticky foods between meals

### Drink Well

- Tap water is best to drink
- Avoid acidic or sugary drinks between meals

### Clean Well

- Brush teeth twice a day with fluoride toothpaste, especially before bed

### Play Well

- Protect your teeth with a mouth guard or full-face helmet when playing sport

### Stay Well

- Have regular dental check-ups
- Avoid smoking
- Limit alcohol
- Exercise regularly

## What is a dental emergency?

- Bleeding in the mouth that will not stop.
- Swelling of the face from a tooth infection.
- Recent injury to your teeth.

## What should I do?

- After hours you should go to your local hospital's emergency department.
- During working hours you should call your Local Health District public dental call centre.

Local Health District	Phone Number
Sydney	(02) 9293 3333
South Western Sydney	
South Eastern Sydney	1300 134 226
Illawarra Shoalhaven	1300 369 651
Northern NSW	1300 651 625
Mid North Coast	
Hunter New England	
Central Coast	1300 789 404
Northern Sydney	1300 732 503
Murrumbidgee	1800 450 046
Southern NSW	
Western Sydney	(02) 9845 6766 or 1300 739 949 (Land line only)
Nepean Blue Mountains	
Far West	1300 552 626
Western NSW	



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[www.health.nsw.gov.au/cohs/resources.asp](http://www.health.nsw.gov.au/cohs/resources.asp)

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(02) 9887 5450

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# Public Dental Services



caring for your health and wellbeing

what you need to know



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## Who can get free dental care?

Free dental care is available at NSW public dental clinics for:

- all children under 18 years of age.
- adults who hold any of the following Centrelink concession cards



- anyone listed on your card is also eligible for free public oral health care.

**All patients must be eligible for Medicare and should have a valid Medicare card. For Medicare information call 13 32 54.**

## How do I make a dental appointment?

Ring your Local Health District public dental call centre number, listed on the back.

### What happens when I ring?

The call centre staff will ask:

- for your concession and Medicare card numbers
- questions about your teeth so they can give you an appointment or place you on a waiting list, depending on your dental need.

The appointment offered may not be at your closest clinic but it may give you the earliest appointment.

You can choose to go to your closest clinic but you may need to wait for an appointment.

### What should I do if I need an Interpreter or Aboriginal Liaison Officer?

Ask the call centre staff to arrange an Interpreter or Aboriginal Liaison Officer/ Health Worker at your appointment.

You can also use the National Interpreter Service on **13 14 50**.

## What do I need to know?

You need to bring your current concession and Medicare cards to receive treatment.

Your first visit will usually involve a check of your dental needs. You may receive some dental care, but you should not expect your teeth to be fully fixed at your first visit.

If you require further dental care, you will be either: given an appointment, placed on a waiting list, or given a voucher to see a private dentist, depending on your dental needs.

Generally, public dental services are unable to provide crowns, implants or root canal therapy on back teeth.

### What should I do if I cannot get to my appointment?

You must ring your Local Health District dental call centre to change or cancel your appointment.

If you fail to attend your appointment, or do not call to change it, your treatment might be cancelled by the Local Health District.

**You should let the Local Health District public dental call centre know if you change your address or phone number.**