



Lift the Lip

Key messages

1

Brush well

Brush teeth twice a day with fluoride toothpaste.

2

Eat well

Eat healthy foods and reduce intake of sugary foods to lower risk of dental decay.

3

Drink well

Drink lots of water and limit intake of sugary drinks, for example, soft drink, juice, sports drinks and flavoured milk.

4

Play well

Wear a mouthguard when playing contact sports, like football, to prevent injury and trauma to the teeth and mouth.

5

Stay well

Have regular dental check-ups.

Oral Health Services also recommends **not smoking**. Ask staff for support and more information on quitting.

Metro North and Metro South Oral Health Services welcome all children 0 to 17 years of age referred by CYCHS - Child Health Service. For more information contact Oral Health Services.

Phone: 1300 300 850

<https://metrosouth.health.qld.gov.au/oral-health>

A joint initiative between Metro North and Metro South Hospital and Health Services and Children's Health Queensland.

