

ADULT TOOTH PAIN - WHERE TO GET EMERGENCY RELIEF

There is nothing worse than suffering with a tooth ache, except perhaps not knowing where to go for relief or not having the money for the cost.

Counties Manukau District Health Board subsidises emergency dental relief of pain costs for low income adults over the age of 18 years who have a Community Services Card.

There is a maximum of 3 visits per person per year and there is a \$40.90 charge for the relief of pain service provided. For the \$40.90 charge the tooth may be dressed, there may be antibiotics to treat the infection or, if required, the tooth may be pulled out.

The service does not include any on going treatment to the tooth such as fillings or root canals, dentures or orthodontic treatment. For all dental treatment services always ask for a cost estimate before treatment.

The following clinics provide the subsidized relief of pain service for Adults holding a Community Services card:

Middlemore Hospital Dental Department – Hospital Road, Otahuhu

- phone 276 0000 and ask for the dental service.

- **Days and hours of clinic:** Monday to Friday, mornings only. Doors open to the waiting room at 6.00am and people are seen on a first come first serve basis from 8.30am.

Buckland Road Community Dental Clinic - 225 Buckland Road West, Mangere.

- **Days and hours of clinic:** Monday to Thursday, mornings only. Doors open 8.00 am to midday and people are seen on a first come first serve basis

Mighty Mouth Dental - All three locations can be reached by calling 0800 262 2208

- Bakersfield Place in Manukau City
- Waddon Place in the Mangere Health Centre
- Dawson Road in Chapel Downs

- **Days and hours of clinics:** Monday to Friday 9.00 am to 5.00 pm. Phone to make an appointment.

The People's Centre - at 2 locations

- 7 Halver Road, Manurewa. Phone to make an appointment 267 6331

- **Days and hours of clinics:** Monday to Friday 9.00 am to 3:30 pm.

- 366 Massey Road, Mangere, Phone to make an appointment 275 6111

- **Days and hours of clinics:** Monday to Wednesday 8.30 am to 5.00 pm.

Pacifica Dental - 147 Great South Road, Manurewa

- phone 09-269 7074 to make an appointment

- **Days and hours of clinics:** Monday to Friday 9.00 am to 4.00 pm

Mahu Dental – Trust Health Care, corner of Halver Rd and Newhook Lane, Manurewa

- phone 09-268 2266 to make an appointment

- **Days and hours of clinics:** Monday to Friday 8.30am to 5.00 pm

Takanini Dental Centre - 106 Great South Road, Takanini

– phone 09 296 2636 to make an appointment.

- **Days and hours of clinics:** Seven days a week from 9.00 am to 8.00 pm.

Pukekohe Dental Centre – 33A King Street, Pukekohe

– phone 09-238 0438 to make an appointment.

- **Days and hours of clinics:** Seven days a week from 9.00 am to late.

PREVENT TOOTH DECAY

Dental decay is painful. It also affects how we enjoy our food, our ability to sleep and concentrate, and our overall feeling of well being.

Dental treatments are costly. The best way to avoid the high costs and stay feeling well is by preventing tooth decay.

Tips for a healthy smile:

1. Brush teeth 2 x every day with a fluoride toothpaste.

After brushing spit out but don't rinse. This way the fluoride stays in the mouth longer protecting the teeth.

2. A toothbrush for each person.

Don't share toothbrushes, you can share germs and spread tooth decay.

3. Floss teeth

Flossing is the way to clean in between teeth where the toothbrush can't reach. Often decay will start in the hard to reach places in between teeth.

4. Choose healthy snacks and drink plenty of water.

Make sure that teeth get a rest from sugar – higher sugar consumption the greater the risk of tooth decay.

- ❖ Have tooth friendly snacks – bread, cheese, unsweetened popcorn, fruit or raw vegetables, yogurt, nuts
- ❖ Have tooth friendly drinks such as water or milk. Water is the best drink; it's fresh and free from the tap. And, by having a glass of water after a sweetened drink such as soft drinks, fruit juices, cordials or even diet drinks you can protect teeth from decay and help to stay healthy.

5. Have regular dental check ups.

By looking after our own teeth and having regular dental checks we are also a good role model for children to help them stay well and keep their teeth free of decay.

Regularly check children's teeth and gums, look for white spots at the gum line, discoloured areas or missing pieces of teeth, puffy or bleeding gums.

6. Use a mouth guard when playing sports to protect teeth and gums

For more information on oral health and prevention of tooth decay phone 0800 TALK TEETH (0800 825 583), or visit www.letstalkteeth.co.nz

CHILDREN & ADOLESCENT FREE DENTAL SERVICES

Children in New Zealand are entitled to free dental services from 0 to 17 years of age, until their 18th birthday. It's important to enrol your child as soon as possible to prevent tooth decay and get the best care for them. Auckland Regional Dental Service (ARDS) provides free dental care for children in the Auckland region from 0 - 17 (until their 18th birthday).

Pre-school and School age children

Children can be enrolled for free dental visits from their first tooth. It's important to look after baby teeth as decay in the first teeth will be painful and can affect the child's eating and development, and may affect their permanent teeth as well.

For more information about the School Dental Service available for children 0 to year 8 (Form 2), how to enrol your child at your nearest school dental clinic and contact details for enquiries, **phone 0800 TALK TEETH (0800 825 583)**, or visit www.letstalkteeth.co.nz

Adolescent or Secondary School

Looking after teeth is just as important during the teenage years; dental care is free for all adolescents from year 9 up to 17 years of age (18th birthday).

For more information on adolescent dental care from year 9 or 13 years, and how to enrol, phone **0800 TALK TEETH (0800 825 583)**, or visit www.letstalkteeth.co.nz