Tips for a Healthier You

Dental Care

Good Oral Care = Reduces risk of dental disease and chronic illnesses

Dental Care Tips

- Visit your dentist **once a year**
- **Limit / reduce** sugary snacks or drinks

Good brushing routine

- Brush **2 times** a day
- Brush for **at least 2 mins** with fluoride toothpaste
- Use **a soft-bristled brush** (change your toothbrush every 3 months)
- **Rinse your mouth** after every meal
- Brush your tongue **daily**

Look out for gum disease

- **Red, swollen, or soft** gums
- **Bleeding gums**
- **Bad breath or bad taste** in your mouth
- See a dentist immediately if your **gums are infected or you feel pain in your mouth**

You may book an appointment with these dental clinics:

HealthServe Dental Clinic (by appointment only)
1 Lorong 23 Geylang, #01-07, Building 4
Singapore 388352
For dental appointment booking and enquiry: 3157 4458

Mind stress? Body pain? Need help?
Call HealthServe anytime: 3129 5000 (24-hour helpline)
https://help.healthserve.org.sg/

Saint Andrew's Migrant Worker Medical Centre

27 Penjuru Walk, #01-24
Penjuru Recreation Centre
Singapore 608538

For dental enquiries: +65 8798 0051 (Whatsapp only)

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Sources:

1. "Good Oral Health, Lesser Risk of Chronic Diseases". HealthXchange, SingHealth. 2021

2. "Oral Hygiene: Tips for Clean Teeth", HealthXchange, SingHealth. 2021