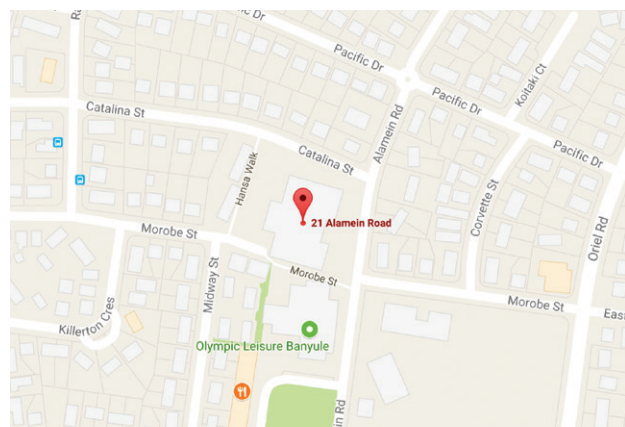


Banyule Community Health is a standalone, not for profit organization, governed by a volunteer Board of Directors to deliver on its purpose 'to improve the health and wellbeing of our community'. Banyule Community Health works across many sites and delivers multiple modalities of care and support in the primary health and welfare sector. Building on its strong values base and reputation of being truly responsive to its community, Banyule Community Health strives to continually provide high quality services, develop partnerships, which benefit its community and innovates to create better health outcomes and health equity.



**Call 9450 2000**

to make an appointment or check out our website  
**bchs.org.au**



### Contact us

21 Alamein Road  
West Heidelberg 3081

**T** 9450 2000  
**F** 9459 5808  
**E** [banyule@qbchs.org.au](mailto:banyule@qbchs.org.au)

Monday to Friday 8.30am – 5.00pm  
Interpreting services available on request

Banyule Community Health ACN: 135 660 454 ABN: 87 776964889



**@banyulechs**  
**banyulecommunityhealthservice**  
**banyule community health**



## Welcome to Oral Health Education

**Banyule Community Health offers oral health education, advice and support to everyone who accesses our Oral Health Services**



## What is an Oral Health Educator?

Our Oral Health Educators are experienced Dental Assistants who have completed additional training in Oral Health Education. With this training, the Oral Health Educator is able to support you to best manage the health of your teeth and gums.

## Who will I be seeing?

You will be seeing one of our Oral Health Educators

## Is there a cost?

No this is a free service

## What do we do at this appointment?

- We help plan and guide you through your oral health care with us
- We help you set your oral health care goals and support you to achieve them
- We give you the knowledge and skills to keep your gums and teeth healthy
- Tooth brushing and flossing techniques
- Discuss how food and drinks effect your mouth and teeth
- Measure how well you are brushing (plaque score)
- Saliva testing (PH reading)
- Management of dry mouth
- Recommend the most suitable products for you to use at home
- We can help you access our other community health services

## How many times will they see me?

The Oral Health Educator will see you once at the beginning of your treatment and on some occasions we will book a follow up appointment for a review. If you need more support or would like to be seen again, please ask for another appointment.

## How long do the appointments go for?

Most appointments with the Oral Health Educators go for 30 to 45 minutes.

We recommend that you clean your teeth, before coming to the appointment.

## Interpreters



We can book an interpreter if you need one. There is no fee for interpreters.

Our team of oral health educators will work alongside clinicians during your course of care to ensure you have the best understanding of what it takes to keep your smile healthy between visits

CLEAN WELL



## How to brush



1  
Brush in the morning and at night before going to bed.



2  
Use a pea sized amount of fluoride toothpaste on a soft toothbrush.



3  
Brush teeth and along the gum moving in gentle circles.



4  
Repeat on the inside surfaces.



5  
Use a light back and forth motion on the chewing surfaces.

Spit out toothpaste, but don't rinse with water.



**Want to know more?**

Visit the Smile Squad website at [www.smilesquad.vic.gov.au](http://www.smilesquad.vic.gov.au)

**Be sure to brush all surfaces:  
top and bottom, left and right,  
front and back.**