

EMERGENCY DENTAL & RELIEF OF PAIN

District Health Boards subsidise a limited range of Emergency Dental / Relief of Pain treatments for NZ residents over the age of 18 years who have a *Community Services Card* or *pension card*.

For Counties Manukau residents there is a maximum of 3 visits per person per year and there is a charge of \$40.00 including GST for the relief of pain service provided. Non-residents of NZ pay additional charges.

For the \$40.00 charge one tooth may be dressed, there may be antibiotics prescribed to treat the infection, or, if required, the tooth may be pulled out. This service does not include any on going treatment to the tooth such as fillings or root canals, dentures or orthodontic treatment.

For all dental services always ask for a cost estimate before treatment. Quotes can also be provided for Work & Income NZ financial assistance towards dental treatment.

Hospital oral health clinics provide subsidized Emergency Dental / Relief of Pain treatments for all Auckland region residents. There are limited appointments in the hospital clinics and people need to book an appointment for the next day. The phone line opens at 8.00am Monday to Friday.

You need to bring proof of NZ residency and a list of any medications you are taking. Note there are parking charges at hospital clinics.

Auckland DHB Oral Health Service - Monday to Friday, mornings only, phone first for appointment at the following:

Greenlane Dental Dept., level 1, building 4, Gate 1 Greenlane Road West, **Greenlane**, Ph: 630 9809

Middlemore Dental Dept, level 1, Middlemore Hospital, Hospital Road, Otahuhu, Ph: 259 9671

Buckland Road Community Dental, 225 Buckland Road West, **Mangere**, Ph: 259 9671

Contracted dentists provide subsidized Emergency Dental / Relief of Pain treatments by appointment for **Counties Manukau residents** only who have a **community services card**.

Mighty Mouth / Smilecare Dental - 2 locations call **0800 262 2208**. Open 7 days. Closed public holidays

- **Manukau** -11 E Bakerfield Place - Monday 8.00am to 8.00pm, Tuesday to Thursday 7.00am to 8.00pm, Friday 8.00am to 5.00pm, Saturday 9.00am to 5.00pm, & Sunday 9.00am to 2.00pm
- **Mangere** -10 Waddon Place, ground floor - Monday to Friday 9.00am to 5.00pm, Saturday 9.00am to 2.00pm

Pacifica Dental - 147 Great South Road, **Manurewa**; phone **09 269 7074**

- Monday to Friday 9.00 am to 4.00 pm. Closed public holidays

The Fono Dental - 7 Halver Road, **Manurewa**; phone **09 267 6331**

- Monday-Friday; 9.00am to 3:30pm. Closed public holidays

Mahu Dental - Trust Health Care, corner of Halver Rd and Newhook Lane, **Manurewa**; phone **09 268 2266**

- Monday to Friday 8.30am to 5.00 pm. Closed public holidays

Takanini Dental Centre - 106 Great South Road, **Takanini**; phone **09 296 2636**

- Seven days a week from 9.00am to 8.00pm. Closed only Christmas Day, New Years Day, Good Friday

Lumino, The Dental Company – 11 West St, **Pukekohe**; phone **09 238 0438**.

- Monday to Thursday 9.00am to 5.00pm, Friday 9am to 1pm. Closed public holidays

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 twice a day every day with a fluoride toothpaste to keep cavities away.

- Use a soft toothbrush and brush with a fluoride toothpaste 2 X a day, after breakfast & before bed
- After brushing, spit out the toothpaste but don't rinse. This way the fluoride stays protecting teeth.

2. Be a role model – look after your own teeth

- A toothbrush for each person. Don't share toothbrushes, you can share germs and tooth decay.
- Parents/ Caregivers need to supervise children's tooth brushing until age 8 years
- Brush your teeth at the same time so that children learn from you

3. Floss teeth

- Flossing is the way to clean in between teeth where the toothbrush can't reach.

4. Choose tooth-friendly snacks and drink water or milk

- Make sure that teeth get a rest from sugar – higher sugar the greater the risk of tooth decay.
- Eat tooth friendly snacks: bread, cheese, unsweetened popcorn, fruit, 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.
- Put babies to bed with a story not a bottle
- Make the last drink at night water for all children (and parents) otherwise the food sugars or food acids in drinks will stay on the teeth and cause cavities

5. It's easy to protect teeth with regular checks.

- Check all children's teeth once a month for signs of tooth decay or redness around gums, look for white spots at the gum line, puffy or bleeding gums, discoloured areas or missing pieces of teeth,.
- Get regular free dental check-ups for children from the 1st tooth and up to and including 17 years, its free and easy, call 0800 TALK TEETH (0800 825 583)

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

- Make sure mouth-guards are worn when playing sport. Get any falls or accidents affecting the gums or teeth checked out by the dental service or a dentist

CHILDREN & ADOLESCENT FREE DENTAL SERVICES FROM 0 TO 17 YEARS OF AGE

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

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

To enrol your Pre-school and School age child or Adolescent or Secondary School student Ph 0800 TALK TEETH (0800 825 583), if they're between **0 and 12** years old, press **1**, if they're between **year 9 of school and 17** years old, press **2**.

For After Hours Emergency Dental service for children or adolescents -please visit a CMDHB contracting dentist – refer website: <http://www.countiesmanukau.health.nz/Funded-Services/Oral-Health/adolescentdental.htm>