

# Dental Fact Sheet

Language / Dental Checks / April 2011

## Dental Checks

### What is 'Lift the Lip'?

- 'Lifting the lip' is a technique used to regularly check for signs of tooth decay in a child.
- It is simply lifting back a toddler's lip so any potential problems can be seen.

### When should I lift the lip?

- Mouth checks are recommended during child health checks at 6-8 months, 12 months, 18 months, and 2, 3 and 4 years of age. (Refer to My First Health Record 'blue book' [http://www.health.nsw.gov.au/pubs/2008/pdf/child\\_personal\\_health\\_record\\_1-40.pdf](http://www.health.nsw.gov.au/pubs/2008/pdf/child_personal_health_record_1-40.pdf))
- Parents/carers should start checking their child's teeth as soon as they appear at about 6 months.
- If you notice any dark or white spots you should take your child for a dental check up with a dental professional.

## First Dental Visit

### When should my child have their first dental visit?

- All children should have their teeth checked at all child health visits. (Refer to My First Health Record 'blue book')
- All children should have a dental assessment by a dental professional by the end of their 2nd year.

### Interpreter Services

If you require assistance with contacting above services or translation, please call Translating and Interpreting Service (TIS) on 13 14 50.

For other multilingual health information visit [www.mhcs.health.nsw.gov.au](http://www.mhcs.health.nsw.gov.au)