



# When should you see your dentist?

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Ask your dentist how often you should see them for a check-up.



Go to your dentist straight away if:

- you have pain in your mouth



- your gums are bleeding



- you have sores, lumps or any patches that are a different colour in your mouth



- If you are worried about your mouth for any reason.



## Which dentist can you see?

You can go to a public or private dentist.



You can go to a public dentist if you have a:

- healthcare card
- pension concession card.



If you are a client of a disability service a public dentist is free or low cost.

You may need a letter from your disability service. This letter will tell the dentist that you are a client of the disability service.

## How can you find a public dentist?



Go to: [www.dhsv.org.au](http://www.dhsv.org.au)



Call us:

Melbourne metropolitan: 1300 360 054

Outside Melbourne metro: 1800 833 039

## How can you find a private dentist?



Look in the Yellow Pages under 'Dentists'.



Go to the Yellow Pages website:

[www.yellowpages.com.au](http://www.yellowpages.com.au)