



Oral Health Care Services!

The mission of the mobile dental clinic is to provide Phase I dental care (oral evaluations, cleanings, simple fillings and extractions) to persons with infectious disease who have not had dental care in over one year.

Patients needing Phase II (crowns, bridges, dentures, etc.) will be referred to HOP Dental, LSU Dental School or Interim LSU Public Hospital Dental Clinic. Patients already in a treatment plan at HOP Dental should remain at HOP Dental.



**Call
(504) 292-2519**

LSU Mobile Dental Clinic Locations (8:45am first appt, 3:30pm last appt)

**Mondays: NO/AIDS
Parked near 2601 Tulane Ave.**

**Tuesdays: N'R Peace
4703 Downman Road, N. O. East**

**Wednesdays: NO/AIDS
Parked near 2601 Tulane Ave.**

**Thursdays: N'R Peace
4703 Downman Road, N. O. East**

Get a referral from:

- HIV Service Agencies: NO/AIDS, FACES, NR Peace, Leading Edge/Family Health Center, etc.**
- Referrals accepted from an M.D. (Referral forms can be found on www.hopclinic.org/dental%20van.htm)**
- FAX referral to (504) 903-5313.**

LSU Health Sciences Center
SCHOOL OF DENTISTRY

Dentistry

Phone: 504-292-2519
Fax: 504-903-5313
E-mail: knels4@lsuhsc.edu
Web: hopclinic.org/dental%20van.htm



Mobile Dental Services!

Smile Again, New Orleans!

Appointments:
(504) 292-2519
Program Questions:
(504) 270-4082

LSU HEALTH SYSTEM
HEALTH CARE SERVICES DIVISION
INTERIM LSU PUBLIC HOSPITAL



How to Brush: Teeth Brushing Techniques

What Is the Right Way to Brush?

Proper brushing takes at least two minutes — that's right, 120 seconds! Most adults do not come close to brushing that long. To get a feel for the time involved, try using a stopwatch. To properly brush your teeth, use short, gentle strokes, paying extra attention to the gumline, hard-to-reach back teeth and areas around fillings, crowns or other restoration. Concentrate on thoroughly cleaning each section as follows:

- Clean the outer surfaces of your upper teeth, then your lower teeth
- Clean the inner surfaces of your upper teeth, then your lower teeth
- Clean the chewing surfaces

For fresher breath, be sure to brush your tongue, too



1) Tilt the brush at a 45 degree angle against the gum line & sweep or roll the brush away from the gum line.



2) Gently brush the outside, inside, and chewing surface of each tooth using short back-and-forth strokes.



3) Gently brush your tongue to remove bacteria and freshen your breath.

The Latest Oral Health
News from **ADA**
News Update

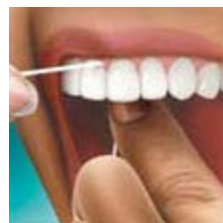
Flossing Techniques: How to Floss

What is the Right Way to Floss?

Proper flossing removes plaque and food particles in places where a toothbrush cannot easily reach — under the gumline and between your teeth. Because plaque build-up can lead to tooth decay and gum disease, daily flossing is highly recommended.

To receive maximum benefits from flossing, use the following proper technique:

- Starting with about 18 inches of floss, wind most of the floss around each middle finger, leaving an inch or two of floss to work with
- Holding the floss tautly between your thumbs and index fingers, slide it gently up-and-down between your teeth
- Gently curve the floss around the base of each tooth, making sure you go beneath the gum line. Never snap or force the floss, as this may cut or bruise delicate gum tissue



The Latest Oral Health
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Eight Steps to Dental Health

- 1) Understand your own oral-health needs.
- 2) Commit to a daily oral-health routine.
- 3) Use fluoride.
- 4) Brush and floss to remove plaque.
- 5) Limit snacks, particularly those high in simple sugars, and eat a balanced diet.
- 6) If you use tobacco in any form, quit.
- 7) Examine your mouth regularly.
- 8) Visit the dental office regularly.



The Latest Oral Health
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Mouthwashes and rinses — As with toothpaste, your choice of mouthwashes or rinses will be guided by your personal mouth care needs. Over-the-counter rinses are available to freshen the breath, add fluoride or kill plaque bacteria that cause gingivitis. Some mouthwashes are designed to help loosen plaque before you brush. Ask your dentist or hygienist to recommend the type of rinse that would be best for you. If you need to avoid alcohol, read ingredient labels carefully. Many over-the-counter mouthwashes contain significant amounts of alcohol. In some cases, the dentist might prescribe a stronger fluoride or antibacterial rinse.

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