

**Call (504)
903-7307.**

Oral Health Care Services!

We provide diagnostic, preventive, simple extractions, and simple restorative care on a mobile dental van to HIV positive persons in the city of New Orleans. At the time of your appointment, you will need to fill out a few forms, so please arrive fifteen to thirty minutes before your scheduled appointment. What happens during your first appointment? You will complete new patient paperwork with dental clerk, X-rays will be taken by our dental assistant, and the dentist will conduct the exam by looking in your mouth. Then, you will be provided with treatment decisions.



We partner with you to ensure good oral health.



LSU Mobile Dental Van

Location:

near Tulane Towers
2601 Tulane Ave
New Orleans, LA 70116

8:00 am — 4:30 pm
Monday through Thursday

Are you already a patient of record at the mobile van and it has been 3-6 months since you have seen the dentist?

It is time to get back into care!

It is important to continue with the recommendations provided by your dentist as well as continue with the follow ups.

Follow up procedure

1. You will receive a call from our clinic every 6, 12, 18, and 24 months.
2. What do you do when we call? Well, just take a few minutes to answer some questions about your dental health and your overall physical health.
3. Remember, this step provides good follow up, is part of the study, and is no cost to you.



Phone: 504-903-7307
Fax: 504-903-5313
E-mail: knels4@lsuhsc.edu
Referral forms available on the website:
www.hopclinic.org/dental%20van.htm

LSU Health Sciences Center
SCHOOL OF DENTISTRY

Dentistry



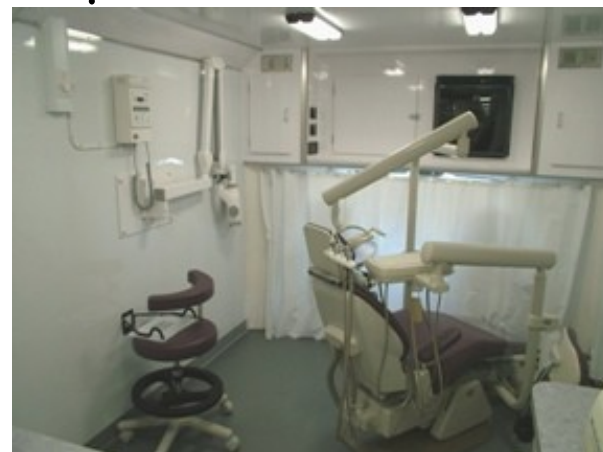
LSU Mobile Dental Van

Smile Again, New Orleans!

Call (504)
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info on scheduling an
appointment.



LSU HEALTH SYSTEM
HEALTH CARE SERVICES DIVISION



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 and 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

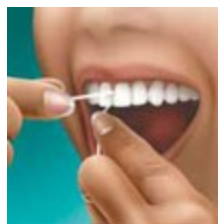
What is the Right Way to Floss?

Proper flossing removes plaque and food particles in places where a toothbrush cannot easily reach — under the gum line 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
- Use clean sections of floss as you move from one tooth to the next.



To remove the floss, use the same back-and-forth motion to bring the floss up and away from the teeth.



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

Eight Steps to Dental Health

- 1) Understand your own oral-health needs.
- 2) Commit to a daily oral-health routine.
- 3) Use fluoride toothpaste and rinses.
- 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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News Update

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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