

# Healthy teeth in Childhood

## 8 questions and 8 answers



This information of Univ. Lektor Dr. Laurenz Maresch & Prim Univ. Doz. Dr. Peter Petrin is based on recommendations of the supreme advisory body of the federal ministry for health



### 1. Teethbrushing?

**Brush your teeth 2 to 3 times a day**

If you had fruits or juice in the morning, brush before breakfast, otherwise after it; in the evening brush before you go to bed.



### 2. Brushing - how long?

**Brush your teeth 2 to 3 minutes**

First the chewing surface, then the inside and the outer face and finally the rear surface of the back teeth.



### 3. How to brush?

**From red (gum) to white (tooth)**

Don't brush too intensively, as this leads to damaged enamel and tooth sensitivity.



### 4. Toothbrush?

**Hardness degree:** medium hard or soft

**Bristles:** bunched, synthetic fibres

**Size of the head:** 2 – 2.5 cm

**Storage:** open for drying

**Electric toothbrush:** higher cleaning effectiveness

**Replacement:** after 8 weeks at the latest and after an infectious disease



### 5. Toothpaste?

**Until the age of 6:** toothpaste especially for kids with 500 ppm fluoride; pea-sized dose;

**From 6 to 12 years:** toothpaste with 1000 to 1500 ppm fluoride

No Toothpaste with whitening action: it damages the enamel



### 6. Dental floss?

Dental floss reduces the occurrence of caries in the space between the teeth.

To avoid injuries of the gum, parents should apply the dental floss to their kids until the age of 10.



### 7. Chewing Gum?

Chewing sugar free chewing gum stimulates the production of saliva, which is good.



### 8. Dental check?

**First dental check** after the first teeth erupt.

Further regularly check every 6 months.

[www.styriavitalis.at](http://www.styriavitalis.at)

