



How to take care of your teeth and gums

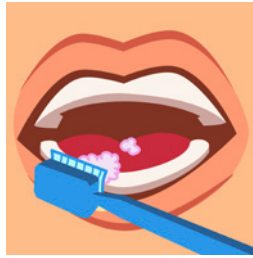
It is important to take good care of your teeth, molars and gums. Then you can chew well and swallow your food easily. You will also get fewer cavities and less inflammation of your gums. In this brochure you can read how to take good care of your teeth.



Brushing your teeth



- Brush your teeth 2 times for 2 minutes a day, brush after breakfast and before you go to bed.
- One centimetre of toothpaste is enough.
- Use toothpaste with fluoride. Fluoride strengthens the protective layer (the enamel) of your teeth and molars.



- First brush the teeth above and then the teeth below. Brush in a fixed order: the inside, outside and top of your teeth. This way you can be sure that you don't miss anything.
- Did you brush your teeth in the evening? Then don't eat or drink anything. Drinking water is always allowed.
- Spit out the toothpaste after brushing. If you want, you can rinse with a little water afterwards.
- Use a toothpick or interdental brush once a day.
- Only use mouthwash if your dentist or dental hygienist advises you to do so.
- Go for a check-up with the dentist or dental hygienist. They will check whether you have cavities and whether your gums are healthy. Your teeth will also be cleaned. For most people going twice a year is enough.



Food and drink

- If you eat sugar, you will get cavities sooner. Therefore, eat little food with sugar. And drink little soft drinks and acidic drinks, such as apple juice or orange juice.
- Eat or drink 3 meals a day and have something in between 4 times. Wait 2 hours each time before you eat or drink something again. That is better for your teeth.
- Drink water.
- Do not drink alcohol. Do you still want to drink alcohol? Do not do this every day and do not drink more than 1 glass.
- Do not smoke or vape.



Do you have pain in your teeth, molars or gums?

Make an appointment with the dentist or dental hygienist.

Children



- The advice for children up to 5 years old is: give them breakfast, lunch and dinner. And 2 snacks in between. Wait 2 hours each time before giving your child something to eat or drink again.

That is better for their teeth.



- Do not give your child a bottle of juice or lemonade.

- Does your child have his or her first tooth? Then brush your child's teeth, once in the morning and once in the evening.
- Use a special toddler toothpaste for your toddler (up to 5 years old; 'peutertandpasta' in Dutch). It contains less fluoride. You can read that on the tube: 500 - 750 ppm fluoride.
- Use junior toothpaste or adult toothpaste with fluoride from the age of 5.
- Help your children up to 12 years old. Always brush your child's teeth yourself again until your child is 12 years old.
- Take your child to the dentist for a check-up when the first tooth is there.

Costs



- A check-up with the dentist or dental hygienist is free for children up to 18 years old. Most treatments are paid for by the health insurance.
- From the age of 18, you pay the dentist or dental hygienist yourself. You can take out additional dental insurance.
- Ask your dentist or dental hygienist about the costs of the treatment. You can also ask if there are other treatments.

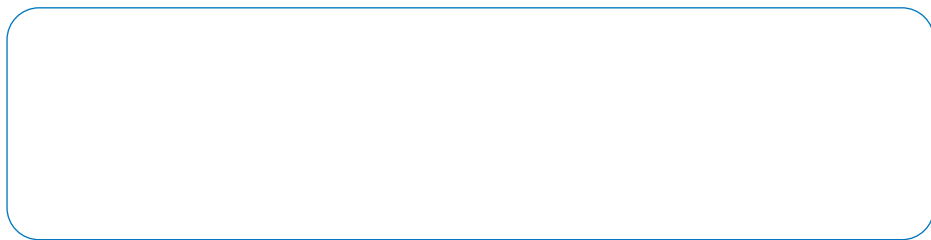


Questions?

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voor patiënten, van tandartsen



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