



# How to keep your teeth and molars healthy

**It's important to take good care of your teeth and molars. Doing so will help you chew properly and eat more easily. You will also get fewer cavities and less gum disease. This leaflet tells you more about how you can take good care of your teeth and molars.**

# Brush your teeth



- Brush your teeth twice a day for two minutes. Brush them after breakfast and before going to bed.
- One centimetre of toothpaste is enough.
- Buy toothpaste that says 'fluoride'. Fluoride makes your teeth and molars stronger.
- Brush your bottom teeth first. Brush 1. the inside, 2. the outside and 3. the top. Next, brush your top teeth the same way.



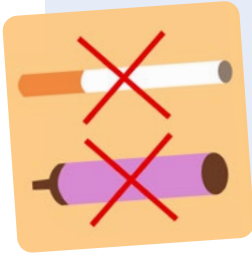
- Once you have brushed your teeth in the evening, you should not eat or drink anything else. The only thing you can always drink is water.
- Spit out your toothpaste after brushing. If you wish, you can then rinse your mouth with a little bit of water.
- Use a toothpick or interdental brush to clean between your teeth once a day. It's best to do so in the evening.
- Go for checkups with the dentist. Twice a year is enough for most people. The dentist will check whether you have any cavities, and whether your gums are healthy. He or she will also clean your teeth and molars.



# Food and drink



- If you eat sugar, you are more likely to get cavities, so you should try to avoid sugary foods as much as possible. You should also avoid drinking soft drinks and fruit juice, such as apple juice or orange juice.
- Once you've eaten or drunk something, wait two hours before eating or drinking again. Your teeth need a break. You can drink water at any time.



- Avoid drinking alcohol. If you do wish to drink alcohol, don't do so every day, and don't drink more than one glass.
- Do not smoke. This includes electronic cigarettes.

**Feeling pain in your teeth, molars or gums?**  
Make an appointment with the dentist.

## Children

- Once your child has eaten or drunk something, wait two hours before giving them more food or drink. Their teeth need a break. You can drink water at any time.
- Don't give your child fruit juice or lemonade.
- As soon as your child has got their first tooth, brush their teeth once in the morning and once in the evening.



- Buy toothpaste with less fluoride for children between 0 and 5. Check the tube to see which ages the toothpaste is suitable for.
- Help your child brush their teeth up to the age of 12. Always brush their teeth one more time after they've done so themselves.
- Take your child for checkups at the dentist as soon as they get their first tooth.



# Costs

- A checkup with the dentist (or dental hygienist) is free for children up to the age of 17. Your health insurance will pay for most treatments.
- From the age of 18, you need to pay for yourself. You can also take out additional dental insurance.
- Ask your dentist about the cost of your treatment. You can also ask them whether any other treatments are available.



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## Questions?

Take a look at [www.allesoverhetgebit.nl](http://www.allesoverhetgebit.nl).

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