






Key points for correct brushing

Age	Under 3 years old	3-6 years old	Older than 6 years
Most important	Toothpastes are designed to taste good in order to make the brushing experience pleasant. Fluoride is good for the teeth but only in the recommended doses. In high doses it can be toxic. TO AVOID ACCIDENTAL INTAKE OF FLUORIDE, NEVER LEAVE CHILDREN UNSUPERVISED NEAR PRODUCTS CONTAINING FLUORIDE.		
How to choose the right toothpaste	There are many brands of toothpaste on the market. For children without any allergies to ingredients in the toothpaste or medical conditions affecting their teeth or diet, the choice of toothpaste is quite simple. You need to choose a toothpaste with the right amount of fluoride and with a pleasant taste. The amount of fluoride is given as ppm which means parts per million. When choosing your toothpaste, look on the back of the tube or pack for the Fluoride concentration expressed in ppm . Typically this should be between 1000-1500ppm.		
How much Fluoride in toothpaste	From 1000-1500ppm	From 1000-1500ppm. The closer to 1500ppm the better.	1450-1500ppm.
How much toothpaste on the brush	Only a smear!  Do not rinse out. If possible encourage to spit excess foam!	Important! Do not use more than a pea-sized amount. Spit out excess foam. Do not rinse out. 	A pea-sized amount Do not rinse out. Spit out excess foam. 
Time needed to brush teeth	The recommended time is generally 2 minutes but for children as young as this you could brush for shorter periods. (4-5 seconds per tooth followed by a minute or so of letting them play with the brush)	The recommended time is generally 2 minutes. The important thing is how well the brushing is done. If all teeth have been brushed thoroughly you could stop before 2 minutes. As the children approach the age of 6 increase the time in order to get them	For older children (teenagers) and adults – Floss or clean between the teeth before brushing. Brush for 2 minutes. (4 seconds per tooth) Definitely by the age of 12 the children should be used to brush correctly for 2



LIGHTHOUSE DENTAL PRACTICE

		used to adult brushing times so they have established a correct technique by the time they get their permanent teeth.	minutes.
Important tips	The important thing is to make sure the teeth are clean and that the child gets used to the procedure. Praise the child often and try to make toothbrushing fun.	Children up to six have 20 baby teeth. Some may have their first permanent molars erupting behind the last baby tooth in the mouth around the age of six. Make sure these permanent molars are discovered early and brush them well. These teeth are supposed to be there for life.	Rechargeable electric toothbrushes are generally better at cleaning the teeth than manual toothbrushes. Some children may like these. It is perfectly all right for children to use an electric toothbrush as long as they are supervised. Choose a reliable brand with a small, preferably, round and soft brush head. Many electric toothbrushes have timers and pressure sensors to allow correct time for brushing and to avoid damage by brushing too hard.
Which Toothbrush?	Use a toothbrush in the right size for your child and with soft bristles and rounded tips (filaments). What is important is not how hard you brush but that you brush for long enough and use the right technique. People who brush too hard, damage their teeth and still do not manage to clean them as well as those who use the right technique. Brand does not matter that much for manual toothbrushes but it matters for electric ones. It is worth buying one good rechargeable electric toothbrush for the whole family and just use different brush heads for each member. If the brush has soft round-ended bristles and if the bristles are dense, then it's a good brush. You can use an electric toothbrush for children as long as they accept it. If you use the right technique you will not damage their teeth.		
Methods of brushing	It does not matter which method you use as long as you can clean the teeth thoroughly and without damaging the teeth or gums. It will be worth it in the end. Brush after breakfast and before bedtime. Definitely do not miss the evening brushing. Make sure you have had your food or drink before brushing. Do not eat after brushing in the evening and if you really have to drink, drink water. There are many ways of brushing your teeth. The most effective ones are the following:		
	The roll method/rolling stroke method Gentle Scrub method	The roll method/rolling stroke method Gentle Scrub method	The roll method/rolling stroke method Gentle Scrub method Using an electric toothbrush
	For babies and children under 3 it may be difficult to follow the brushing methods fully.	For children between 3-6 use small circular strokes or gentle scrubbing strokes for about	For children who can rinse without swallowing (usually after 5-6 but it



LIGHTHOUSE DENTAL PRACTICE

	<p>If only a few teeth are present use small circular strokes or gentle scrubbing strokes for about 4-5 seconds per tooth. Afterwards you can let them play with the brush for a minute or so under supervision just to reinforce their feeling of being useful and to get them used to the habit of brushing. Gradually You can move towards the right methods. Brushing time is relative and it depends on the child's acceptance. Ideal brushing time is about 4-5 seconds per tooth but shorter brushing times are better than no brushing at all. Do not force children to brush but find toothpastes with a pleasant taste and relaxed brushing environments. (does not necessarily have to take place in the bathroom) Remember to praise them for their effort and for their shiny teeth! Ask your dentist for advice if needed.</p> <p>Rolling Stroke method Recommended for any age groups</p> <ul style="list-style-type: none"> ■ Place the brush at a 45-degree angle towards the junction of the tooth and the gum. ■ Brush gently in a circular movement in circles covering the width of one tooth. Brush for 6 seconds for each pair of teeth. 	<p>4-5 seconds per tooth. As they become used to the brushing, try to gradually move to one of the following methods. Brushing time is relative and it depends on the child's acceptance. Ideal brushing time is about 4-5 seconds per tooth but shorter brushing times are better than no brushing at all. Remember to praise them for their effort and for their shiny teeth!</p> <p>Rolling Stroke method Recommended for any age groups</p> <ul style="list-style-type: none"> ■ Place the brush at a 45-degree angle towards the junction of the tooth and the gum. ■ Brush gently in a circular movement in circles covering the width of one tooth. Brush for 6 seconds for each pair of teeth. ■ Brush behind the lower front teeth with an up and down movement using the brush with the handle pointing upwards. <p>Gentle Scrub method. Recommended for any age groups</p> <ul style="list-style-type: none"> ■ Place the brush at a 45-degree angle towards the junction of the tooth and the gum. ■ The brush is moved backwards and 	<p>depends) and for adults, we recommend the use of disclosing tablets at regular intervals. (once per month until repeated disclosing shows that you have established a brushing method that really cleans the teeth.) Disclosing is the only way of ensuring you brush your teeth thoroughly. Without disclosing your teeth you cannot tell if you do a good job. Even dentists and hygienists use it to make sure they keep on top. For The roll method/rolling stroke method and Gentle Scrub method see boxes to the left.</p> <p>Using an electric toothbrush There are many brands of electric toothbrushes and many may be good. However, many may be worthless too. Two of the best are Braun Oral-B and Philips Sonicare. Reliable studies show that electric toothbrushes with a rotating oscillating head are better than manual toothbrushes. Oral- B has an oscillating head. Use a small round head. The best brush heads in our view are precision clean, sensitive or vitality 3D. When choosing an electric toothbrush good features may be: Timer (2 min)</p>
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LIGHTHOUSE DENTAL PRACTICE

	<ul style="list-style-type: none"> ■ Brush behind the lower front teeth with an up and down movement using the brush with the handle pointing upwards. <p>Gentle Scrub method. Recommended for any age groups</p> <ul style="list-style-type: none"> ■ Place the brush at a 45-degree angle towards the junction of the tooth and the gum. ■ The brush is moved backwards and forwards horizontally in very short strokes. Use 10 strokes for each pair of teeth. ■ Each stroke is no more than the width of one tooth. <p>Brush all the tooth surfaces of all the teeth. Brush behind the lower front teeth with an up and down movement using the brush with the handle pointing upwards. Brushing should be unhurried and thorough.</p>	<p>forwards horizontally in very short strokes. Use 10 strokes for each pair of teeth.</p> <ul style="list-style-type: none"> ■ Each stroke is no more than the width of one tooth. <p>Brush all the tooth surfaces of all the teeth. Brush behind the lower front teeth with an up and down movement using the brush with the handle pointing upwards. Brushing should be unhurried and thorough.</p> <p>You can introduce an electric toothbrush with soft bristles when your child is ready for it. Some children love the electric toothbrushes and they make them feel mature and special. Always supervise them!</p>	<p>Pressure sensor to minimise risk of damage to teeth.</p> <p>How to use an electric toothbrush Apply a pea sized amount of toothpaste to a dry brush head. Apply the brush head on the last tooth on the upper jaw with the bristles covering the outer surface of the teeth at a slight angle against the gumline and having a few bristles overlapping the gums. Start the brush and follow the outer contour of the tooth in a semicircle allowing 2 seconds per tooth. Move on to the next tooth and finish the outer surfaces of both the upper and lower teeth. Do the same on the inner surfaces. You can introduce an electric toothbrush with soft bristles when your child is ready for it. Some children love the electric toothbrushes and they make them feel mature and special. Always supervise them!</p>
<p>Bleeding from gums</p>	<p>Children under three do not normally have bleeding gums. Any small localised bleeding may be a sign of gum inflammation due to repeated accumulation of plaque in the same spot. Brush the site gently but thoroughly for a few days and the gums should go back to normal within 3-7 days. Generalised</p>	<p>Any small localised bleeding is usually a sign of gum inflammation due to poor brushing in the area leading to repeated accumulation of plaque in the same spot. In children who have new permanent front teeth erupting, there is quite often inflammation from the gums around the erupting tooth. Brush the site gently but</p>	<p>Any small localised bleeding is usually a sign of gum inflammation due to poor brushing in the area leading to repeated accumulation of plaque in the same spot. In children who have new permanent front teeth erupting, there is quite often inflammation from the gums around the erupting tooth. Brush the site gently but</p>



LIGHTHOUSE DENTAL PRACTICE

	<p><i>bleeding from gums from several sites in small children should immediately be reported to your dentist or GP.</i></p>	<p><i>thoroughly for a few days and the gums should go back to normal within 3-7 days. Generalised bleeding from gums from more than a few front teeth in small children should immediately be reported to your dentist or GP especially if the bleeding starts without a reason or if it present around the back teeth.</i></p>	<p><i>thoroughly for a few days and the gums should go back to normal within 3-7 days. Generalised bleeding from gums from more than a few front teeth in small children should immediately be reported to your dentist or GP especially if the bleeding starts without a reason or if it present around the back teeth.</i></p> <p><i>Generalised bleeding from gums when flossing or brushing in adults is a sign of gum disease. Contact your dentist. Gums which bleed extremely easily without being triggered by the brush should immediately be reported to your dentist or GP.</i></p>
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