

Tips for correct oral hygiene at home Tipps für die richtige Mundhygiene zu Hause



Bayerische
LandesZahnärzte
Kammer

- 1 Brush your teeth twice daily for two minutes each time. Clean the gaps between your teeth with dental floss or interdental brushes.
- 2 Dental care begins when the first baby tooth breaks through. There are special educational children's toothbrushes with small, narrow heads.
- 3 Children learn best about brushing teeth using the TOI-method: brushing first the **T**ops of the teeth, then their **O**utside, then their **I**nside.
- 4 Please note that you must give children's teeth a supplementary brushing until late primary school. Only then have children mastered brushing movements well enough to clean their own.
- 5 Adults should brush their teeth using sweeping and jiggling movements. This protects the gums and removes plaque most effectively.
- 6 Don't press down too hard when brushing so that you don't injure your gums and the necks of your teeth.
- 7 Replace your toothbrush regularly. Always replace your toothbrush after getting over a cold.
- 8 Use dental floss to clean between your teeth. Don't just pull the dental floss up and down in the gap between your teeth. Fit the floss to the contours of the teeth so that you also clean at the back.
- 9 Interdental brushes are available in a range of sizes. Do not push the brushes into the gaps by force. Always use the appropriate size of interdental brush for each gap.
- 10 Use fluoridated toothpaste containing 1400 ppm of fluoride for adults, 500 ppm of fluoride for children and 1000 ppm of fluoride for children between the ages of two and six. Fluoride hardens the tooth enamel and strengthens teeth against decay.
- 11 You can fluoridise teeth additionally using fluoride jelly or mouthwash. However, please consult your dentist beforehand.
- 12 Bad breath is mostly caused by bacterial deposits on the tongue. The coating can be removed with a tongue scraper or brush. This eliminates bad breath.