

Preventive Oral Hygiene

Taking care of your teeth:

Infant

- Give only plain water instead of milk or sweet juices at naptime
- Gently wipe gums and tongue with a damp washcloth wrapped around your index finger. A small soft toothbrush can be used as soon as teeth begin to appear.

When can I expect my child's baby teeth to come in?

All 20 baby teeth should be present by the time the child is 2 or 3 years old. Remember every child is different, some will get teeth before or after the times you see on this picture.



First Teeth

Upper

	When teeth "come in"	When teeth "fall out"
1 - Central Incisors	7-12 mos.	6-8 yrs.
2 - Lateral Incisors	9-13 mos.	7-8 yrs.
3 - Canines(cuspids)	16-22 mos.	10-12 yrs.
4 - First Molars	13-19 mos.	9-11 yrs.
5 - Second Molars	25-33 mos.	10-12 yrs.



Lower

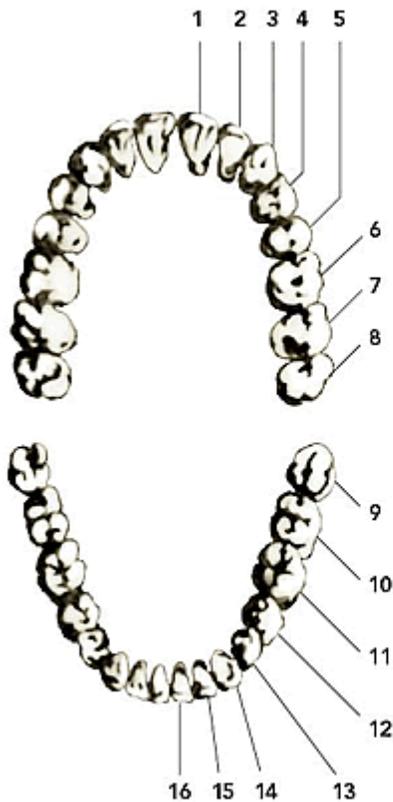
6 - Second Molars	20-31 mos.	10-12 yrs.
7 - First Molars	12-18 mos.	9-11 yrs.
8 - Canines(cuspids)	16-23 mos.	9-12 yrs.
9 - Lateral Incisors	7-16 mos.	7-8 yrs.
10 - Central Incisors	6-10 mos.	6-8 yrs.

Why are baby teeth important?

- Eating
- Talking
- Saving space for adult teeth: Baby teeth hold a space for adult teeth. When adult teeth arrive, the baby teeth guide them into the proper spot. Without baby teeth as a guide, the adult teeth could shift into the empty space and lead to crowding.
- Smiling

Children

- Parents should clean the child's teeth before bedtime and allow the child to try brushing their own teeth in the morning
- First visits to the dentist are recommended at about age 3 unless there are problems.



Permanent Teeth

	When teeth "come in"
Upper	
1 - Central Incisors	7-8 yrs.
2 - Lateral Incisors	8-9 yrs.
3 - Canine(cuspids)	11-12 yrs.
4 - First Bicuspids	10-11 yrs.
5 - Second Bicuspids	10-12 yrs.
6 - First Molars	6-7 yrs.
7 - Second Molars	12-13 yrs.
8 - Third Molars	17-21 yrs.
Lower	
9 - Third Molars	17-21 yrs.
10 - Second Molars	11-13 yrs.
11 - First Molars	6-7 yrs.
12 - Second Bicuspids	11-12 yrs.
13 - First Bicuspids	10-12 yrs.
14 - Canines(cuspids)	9-10 yrs.
15 - Lateral Incisors	7-8 yrs.
16 - Central Incisors	6-7 yrs.

Teenagers and Adults

- Brushing a minimum of twice a day with a soft or ultra soft toothbrush.
- Don't forget to brush your tongue each time.
- Flossing once a day making sure to curve the floss in a "C" shape and gently guiding it up and under the gum line.

Periodontal Disease:

Periodontal disease is almost always painless in the early stages. Therefore, you may not notice the gradual onset of puffiness of your gums, or pay attention to occasional bleeding when brushing (Gingivitis). Or you may think the longer look of your teeth is normal for your age.

But the good news is that most periodontal disease can be prevented; or already started, it can be treated. This particularly true if it is recognized in its early stages.

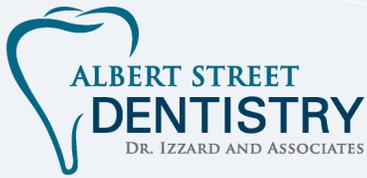
Seven signs of periodontal disease:

1. **Gums red and puffy.**
2. **Bleeding gums.**
3. **Persistent bad breath.**
4. **Spaces that begin to appear between the teeth.**
5. **One or more teeth begin to loosen.**
6. **Receding gums.**
6. **Vague aching or itching or other discomfort.**

Plaque is the cause of periodontal disease

Every day a sticky, almost invisible film forms on the teeth. This film is plaque, a growing colony of living bacteria, food debris and saliva. The bacteria of plaque produce toxins (poisons) that inflame the gums. **This inflammation is the start of periodontal disease! Also known as Gingivitis.**

Plaque if not completely removed every day by toothbrushing and flossing leads to the formation of calculus (tartar), a stony crust with a pitted rough surface.



If left untreated, periodontal disease can cause bone loss and receding gums. If periodontal disease destroys enough of the bone supporting a tooth, you will lose the tooth.

*Image and text source: What is Periodontal Disease – Quintessence Publishing, HealthCanada.ca and Google