

## Visiting the dentist

### Check-ups



Visit your dentist, every six months, or as advised by your dentist for a check up. This is free for children.

### NHS Dentist



To find a dentist, you can telephone NHS Direct on 08 45 46 47



Remember, your dentist and regular cleaning can help prevent you and your child from having toothache. Your dentist or hygienist may advise other types of interdental cleaning such as floss in addition to brushing.

We are committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. For further copies of this leaflet please contact: The Oral Health Promotion Team, Tel: 0191 502 6748.

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# Choose

South Tyneside **NHS**  
NHS Foundation Trust

## Brushing for healthy teeth



## Toothbrushing for children and adults

Providing a range of NHS services in Gateshead, South Tyneside and Sunderland.

# Toothbrushing for children and adults

## Toothbrush



Use a dry, small headed, medium textured toothbrush.

## Toothpaste



For babies and children under three years of age use a smear of toothpaste containing 1000 (parts per million) fluoride. Start brushing twice a day as soon as the first tooth appears.



For children over three years of age and adults use a pea sized amount of toothpaste containing 1350-1500ppm fluoride. *You can find how much fluoride your toothpaste contains by checking the ingredients on the box. **Toothpaste should be kept out of reach of children.***

## Time



Brush your teeth in the morning and last thing at night. To brush the top and bottom teeth correctly it should take at least two minutes.

## Brushing



### Brush all surfaces of all teeth.

Starting at the back, place the toothbrush on the outside surface, angled towards the gum, half on your gum and half on your tooth. Gently brush side to side, moving from one side of the mouth to the other, brushing only two teeth at a time, slowly.



Repeat step 1 but on the inside surface.



Then brush the biting surfaces on both sides of the mouth.

**Remember to clean top and bottom teeth.**

## Do not rinse



Once finished, spit the toothpaste out but do not rinse afterwards. This applies to both children and adults as it allows the toothpaste to carry on working after you finish brushing.

## Helping children



Children need to be helped to brush their teeth until at least seven years of age. To brush your child's teeth, stand behind them and brush as shown in steps 1-3.