

HOW TO KEEP YOUR TEETH CLEAN?



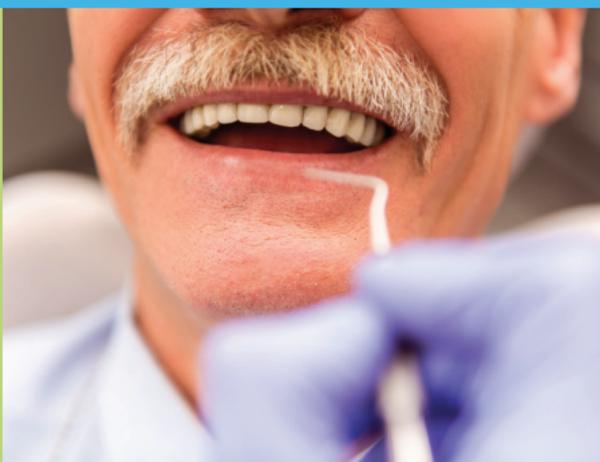
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If you discovered tooth decay you may be late because it has become visible to the naked eyes, also gingivitis may be difficult to detect, looking after your teeth makes you do the same for others. In addition, increasing the awareness of the importance of oral health encourages the avoidance of the risk factors that may lead to tooth decay .

LOOKING AFTER ELDERLY TEETH



Elderly people, who have been suffering from various diseases such as diabetes, pressure, heart diseases, etc., need to regularly visit the dentist, as their general physician for advice and treatment. You should also know that dentures need to be cleaned regularly by specific technique and cleaning material suggested by the dentist.



ATTENTION TO THE NORMAL ADULT TEETH

- Daily tooth brushing
- Use of dental floss
- Visit the dentist for periodic examination and to develop a program for oral health and dental care

ATTENTION TO ADOLESCENTS TEETH

During this period, dental decay is increasing due to negligence, while gum disease is more prevalent due to puberty, therefore, adults should:

- Regularly clean their teeth
- Regularly visit the dentist for checkup
- Pay more attention for those with prosthodontic or orthodontic appliances.



ATTENTION TO TEETH OF THE YOUNG

- Guidance, and advice from the parents
- Take the first step by cleaning your mouth and take your child with you when you visiting your dentist
- Children should be supervised while cleaning their teeth
- Set a a weekly teeth cleaning timetable for the child to follow
- Monthly reward to motivate cooperative children

ATTENTION TO INFANT TEETH



The mother takes care of the baby immediately after birth until the second year, as follows:

- Wipe the baby's gums with a piece of water-wet gauze or use the baby's brush after drinking milk.
- Replace the water with sugar-free herbs for the baby to drink before bedtime, especially at night
- Do not put any toothpaste on the gauze or baby brush
- Continue the process until the baby is able to hold the brush with the hands
- Check with your dentist if you notice the appearance of teeth immediately after birth.