

Cleaning Teeth, I can do well with Wizard's words!

Accumulated dental plaque causes gum inflammation, what can I do?



Dental plaque is a thin film of bacteria adhering on the tooth surfaces. If it is not thoroughly removed, it will cause gum inflammation and even gum bleeding.

Here are the Wizard's hints that can help you!

3 Wizard's Treasures for caring your teeth

1. Fluoride Toothpaste

Only a pea-size blob of toothpaste is effective in the prevention of tooth decay.



2. Toothbrush

Its head is as small as the diameter of a HK50 cents coin. It moves freely within your mouth to clean the dental plaque thoroughly.

Toothbrushing Technique



1. First, brush the outer surfaces of the lower teeth.



2. Then brush the inner surfaces of the lower teeth.



3. When we brush the inner surfaces of front teeth, we should hold the toothbrush upright using gentle motion brushing from the gingival margin towards the crowns of the teeth.

4. Then brush the chewing surfaces of the teeth with the toothbrush moving backward and forward.



5. Finally, brush the outer surfaces, inner surfaces and the chewing surfaces of the upper teeth in the same way as the lower one.

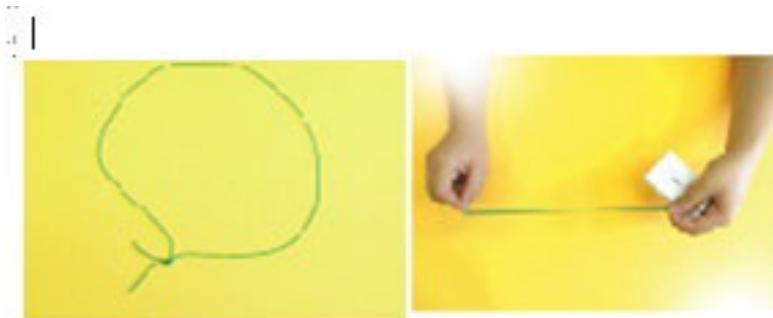
Reminder: Place the toothbrush with its bristles at an angle towards the gum margin. Gently brush a group of 2-3 teeth at a time for 10 times.

3. Dental Floss

The slim body of a 20-25 cm long dental floss can easily pass through every adjacent tooth surface to remove the disgusting dental plaque.

Flossing Technique

1. Take a piece of 20-25cm long dental floss and tie it into a loop.



2. Use the thumbs and forefingers to control a 2cm long dental floss. Gently slide it towards the gum between two teeth with a sawing motion.



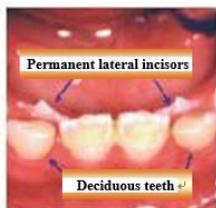
3. Wrap the floss tightly against the adjacent tooth surface of one tooth forming a "C" shape. Gently pull down to the deepest part of the gingival sulcus, and then slide it up and down against the tooth. Then wrap the floss tightly against the adjacent tooth surface of the other tooth and repeat the sliding motion. Use a portion of dental floss and repeat the above procedures until the adjacent tooth surfaces of all the teeth are cleaned.



Brushing teeth in the morning and before bed everyday is a good habit. It is just like taking a bath and washing the face daily.

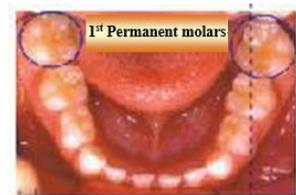
Wizard's smart tips for cleaning teeth during mixed dentition stage

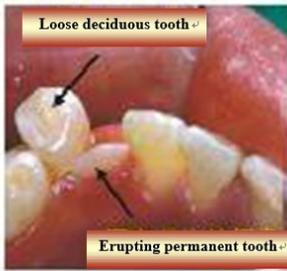
My gums become inflamed during the mixed dentition stage, what should I do?



Dental plaque easily accumulates on overlapping teeth. So you should place the toothbrush in between the deciduous and permanent teeth to thoroughly remove the dental plaque.

At about 6 years of age, the first permanent molars will erupt behind the deciduous molars. This tooth is also called "Six-year molar". Therefore, whenever you brush your teeth, remember to brush further back to clean keep the "Six-year molars" thoroughly clean!





Your deciduous teeth will become loose between 6-12 years of age. In order to avoid the discomfort caused by the loose teeth, some children may chew on the other side of the teeth and avoid brushing the loose teeth. However, we should never let the dental plaque accumulate on the loose teeth and lead to gum inflammation. Therefore, during this mixed dentition stage, we must keep the gum margin and tooth surfaces thoroughly clean as usual so as to prevent gum inflammation.

In order to have a healthy and lovely smile, remember to thoroughly remove the dental plaque along the gum margin and on the tooth surfaces (outer, inner and chewing surfaces) in the morning and before bed everyday.

Don't forget the adjacent tooth surfaces. We should ask parents to help us to floss the adjacent tooth surfaces.

Moreover, we should have annual dental check-up.

I am not a baby anymore. I am brave enough to encounter the discomfort when brushing loose teeth. Gentle brushing on the loose teeth can ensure my oral health and cleanliness.