

Dental Health Care for All Ages

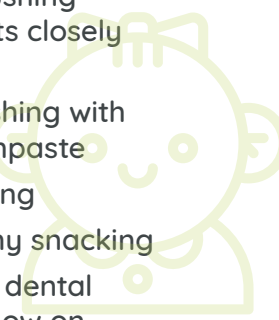
Under 2

- Check the growth of primary teeth
- Develop good diet
- Ensure good oral hygiene habits
- Start using low-fluoride toothpaste or tooth mousse
- Parents help with brushing
- Wean off dummies



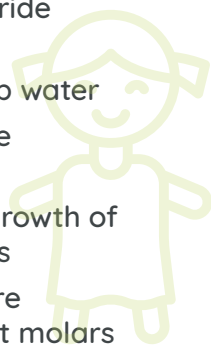
3 - 5 Years

- Teach proper brushing technique; parents closely monitor brushing
- Twice-a-day brushing with low-fluoride toothpaste
- Stop thumb sucking
- Encourage healthy snacking
- Schedule regular dental check-ups from now on



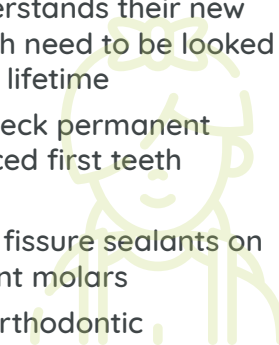
5 - 7 Years

- Switch to an adult fluoride toothpaste
- Encourage drinking tap water
- Monitor full two-minute brushing
- Visit dentist to check growth of first permanent molars
- Dentist will place fissure sealants on permanent molars



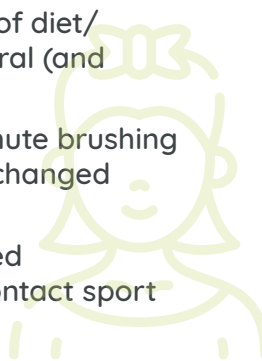
11 - 13 Years

- Ensure child understands their new (permanent) teeth need to be looked after to last their lifetime
- Visit dentist to check permanent teeth have replaced first teeth correctly
- Dentist will place fissure sealants on second permanent molars
- Visit dentist for orthodontic assessment of tooth alignment



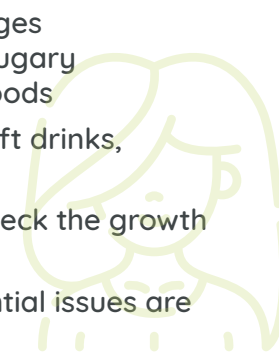
13 - 17 Years

- Reinforce the role of diet/healthy eating in oral (and general) health
- Ensure full two-minute brushing and toothbrush is changed regularly
- Always wear a fitted mouthguard for contact sport (including training)



17 - 18 Years

- Reinforce messages around limiting sugary and processed foods
- Limit intake of soft drinks, sports drinks, etc
- Visit dentist to check the growth of wisdom teeth
- Ensure any potential issues are addressed



Schedule Your Checkup Today