

ALL ABOUT TEETH

* TYPES OF TEETH

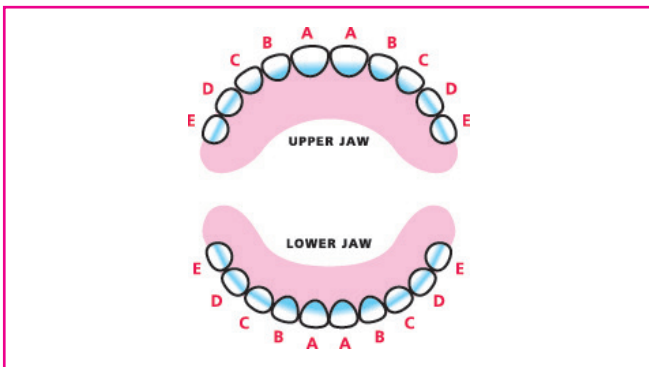
Baby or deciduous teeth

Incisor – there are 8 incisor teeth, 4 in the upper jaw and 4 in the lower jaw (A and B)

Canine – there are 4 canine teeth, 2 in the upper jaw and 2 in the lower jaw (C)

Molar – there are 8 molar teeth, 4 in the upper jaw and 4 in the lower jaw (D and E)

Which makes a total of 20 teeth.



Adult or permanent teeth

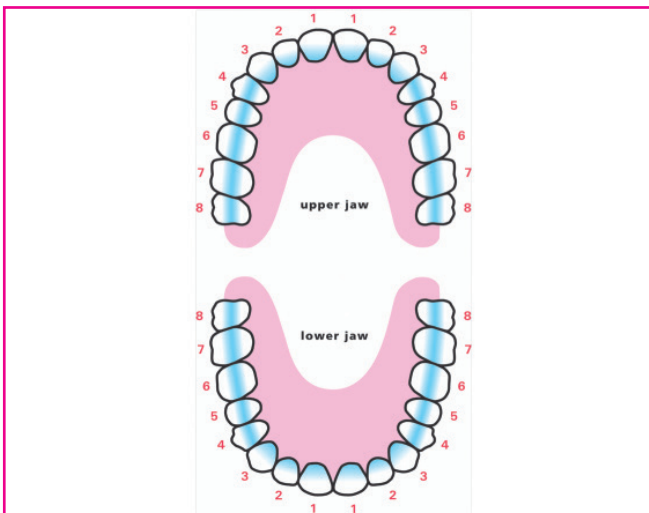
Incisor – there are 8 incisor teeth, 4 in the upper jaw and 4 in the lower jaw (1 and 2)

Canine -there are 4 canine teeth, 2 in the upper jaw and 2 in the lower jaw (3)

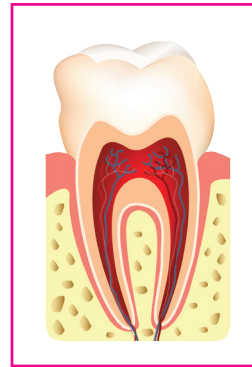
Premolar – there are 8 premolar teeth, 4 in the upper jaw and 4 in the lower jaw (4 and 5)

Molar – there are 12 molar teeth (including wisdom teeth) 6 in the upper jaw and 6 in the lower jaw (6, 7 and 8)

Which makes a total of 32 teeth.



* ANATOMY



Enamel – is the hard, protective outer coating of the tooth. It does not contain nerve endings and is not sensitive to pain.

Dentine – Is found underneath the enamel and forms most of the tooth. It contains nerve endings and is very sensitive to pain.

Pulp – is in the centre of the tooth and contains blood vessels and nerves.

Cementum – is the bony tissue layer which surrounds the dentine.

* HOW MANY TEETH

Babies are usually born with no teeth.

Children have 20 baby teeth by the age of approximately 2.5 years' old.

Adult teeth begin to erupt around the age of 6 years old and most people have 28 permanent teeth by the age of approximately 18 years' old.

Up to 4 wisdom teeth may come through normally between the ages of 18-25 years' old.

* HOW TO CLEAN TEETH

You should brush your teeth last thing at night and at least one other time during the day using a good fluoride toothpaste.

The ideal fluoride level is 1000ppm (parts per million) up to the age of three years old, over 3 years old the level should be 1350-1500ppm.

Change your toothbrush every 3 months or as soon as the filaments begin to splay.

Do not rinse after toothbrushing as this will wash away the fluoride and stop the toothpaste from being so effective.

If you use a mouthwash this should be used at a different time to when you brush your teeth.

SMART BRUSHING

Brushing removes plaque and food particles from all the surfaces of your teeth



Place the head of your toothbrush against your teeth, then tilt the bristle tops to a 45 degree angle against the gumline. Move the brush in small circular movements, several times, on all the surfaces of every tooth.



Brush the outer surfaces of each tooth, upper and lower, keeping the bristles angled against the gumline.

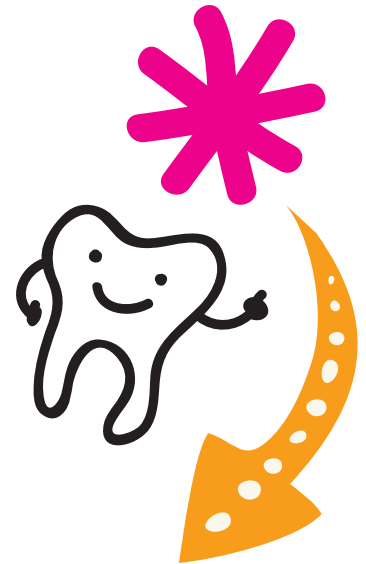
Use the same method on the inside surfaces of all your teeth.

Brush the biting surfaces of the teeth.



To clean the inside surfaces of the front teeth tilt the brush vertically and make several small circular strokes with the front part of the brush.

Brushing your tongue will help freshen your breath and will clean your mouth by removing bacteria.



You should use a tooth brush which has:

- a small head (no larger than 1.5cm in length)
- medium to soft filaments (bristles)
- long, thin neck to reach the back teeth
- comfortable handle so it is easy to hold

* SNACKING

Try not to have sugary food and drink. If you do, then keep to mealtimes and only have one snack a day.

It is not the amount of sugary foods and drinks that we eat and drink that causes the most damage, it is how often we have them.

Choose safer snacks, such as cheese, bread sticks, rice cakes, raw vegetables, nuts and seeds. Try to avoid dried fruit which can stick in the teeth and cause decay.

* FOOD AND DRINK

When we eat or drink anything, the sugars react with the plaque in our mouths and produce plaque acids.

These plaque acids lower the pH level in our mouth and our mouths become acidic, this is the time that the enamel on our teeth is under attack and at risk of dental decay.

This acid attack can last for up to 1 hour after eating or drinking.

After eating or drinking anything wait for one hour before brushing your teeth, this will allow the saliva to re-mineralise the enamel, if you brush too soon, you could brush any loosened particles of enamel away which could eventually lead to enamel erosion.

Drink water, eat cheese or chew sugarfree chewing gum after meals, this will help to reduce the time that the teeth are under attack.

Look for hidden sugars in foods and drinks some things we consider healthy such as fruit juices can contain as much sugar as a can of cola and be just as harmful.

The key figures for hidden sugars is under carbohydrates x gm Of which sugar x gm.

* THE DENTIST

Visit your dentist regularly, as often as they recommend.

It is important that you visit your dentist regularly as they can spot any potential problems whilst they are small and easily treated.

Losing teeth is not an inevitable part of ageing, and with a good oral hygiene routine, a good diet and regular dental check-ups, there is no reason why your teeth should not last a lifetime.

Dental decay is an entirely preventable disease.

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