

Protect Your Teeth from an Early Age to Prevent Tooth Lost at Old Age



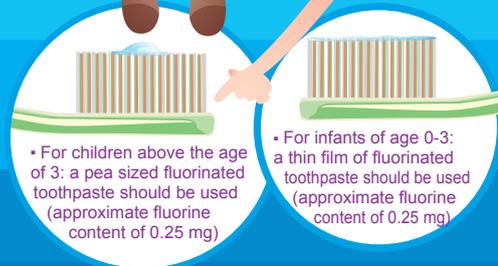
Two Yes
Two No

Yes: Brush your teeth before bed, and at least twice a day

Yes: Use fluorides, which includes fluoride containing toothpaste and mouthwash. Receive dental checkups and fluoride therapy twice a year.

No: Reduce sugary food, rinse mouth with water frequently, and never let an infant sleep with a bottle of milk.

No: Avoid saliva exchange with infants (i.e. sharing utensils, or blowing on food for cooling)



5 steps for teeth protection

1. Bring children for dental checkups as soon as the first tooth appears (regular checkups)

- ▶ Regular oral checkups at dental clinic should be performed as soon as the first tooth appears. (every 6 months)

2. Proper oral hygiene

- ▶ Brush at least twice a day (most importantly at bedtime)
- ▶ Use fluorinated toothpaste after meals and at bedtime (floss and brush)
- ▶ Due to the ongoing development of physical and mental maturity of children under 6 years of age, their oral hygiene maintenance should be performed or assisted by their parents or primary caretakers (i.e. grandparents).

3. Balanced diet

- ▶ Avoid sugary drinks or candy as prizes to reduce sweets intake. Reduce sugary food; rinse mouth with water frequently; never let an infant sleep with a bottle of milk; and avoid saliva exchange with infants (i.e. sharing utensils, or blowing on food for cooling)

4. Fluoride Use

- ▶ Use fluoride toothpaste / fluorine mouthwash / dental professional fluoride therapy (fluorine varnish, fluorine gel) / fluorine tablets
- ▶ Fluoride therapy: coating teeth with fluoride compounds to protect the teeth against decay
- ▶ Proper fluoride mouthwash directions: swish the mouthwash around in the mouth for 1 minute, and do not eat or drink for 30 minutes after rinsing.

5. Fissure Sealing

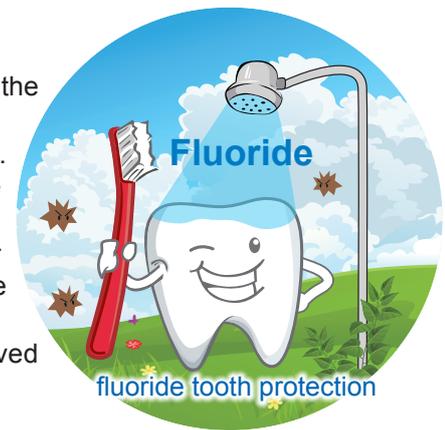
- ▶ Fissure sealing: filling of pits and fissure at the chewing surfaces of the teeth with a plastic sealant.

Age	Brushing Method	Performer	Additional Maintenance Methods
Age 0-3	Parallel Brushing	Perform by the parents (gauze / toothbrush)	<ul style="list-style-type: none"> • Floss (floss sticks) • Fluoride toothpaste (above 1000 ppm, a thin layer of toothpaste is used) • Fluoride therapy
Age 3-6	Parallel Brushing	First performed by the child then repeated again by the parents	<ul style="list-style-type: none"> • Floss (floss sticks) • Fluoride toothpaste (above 1000 ppm, a pea sized toothpaste is used) • Fluoride therapy
Age 6-9	Learning Bayesian brushing	First performed by the child then reinforced by the parents at certain locations (permanent molars and incisors)	<ul style="list-style-type: none"> • Floss (floss sticks) • Fluoride toothpaste (above 1000 ppm, a pea sized toothpaste is used) • Fluoride mouthwash • Fluoride therapy
Age 9-18	Bayesian brushing	Performed by the child and supervised by the parents	<ul style="list-style-type: none"> • Fluoride mouthwash • Fluoride therapy



Understanding Children Fluoride Therapy Service

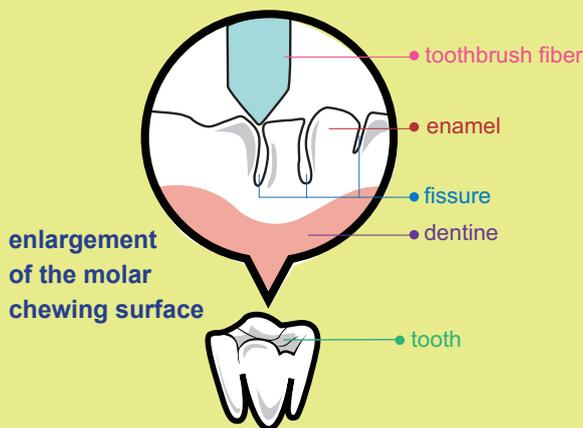
- In addition to the use of fluoride toothpaste, fluoride therapy is like a body armor for the teeth for reducing tooth decay.
- During fluoride therapy, the dentist will first clean and dry the surfaces of the teeth. Avoid letting children eat, drink, or gargle for at least 30 minutes after topical fluoride application to facilitate the absorption of fluoride.
- One allowance per 6 months for children under the age of 6; and one allowance per 3 months for underprivileged children under 12 years of age (including low-income households, disability, aboriginal areas, rural area, and outlying islands)
- Claim method: bring health insurance card and related documents to an approved dental clinic for service



Understanding Fissure Sealing

What is fissure?

Fissure is the irregular surfaces that is on the occlusal surface of the molars as shown below:



Why fissure sealing?

There are many hard to clean fissures on the molar surface that are smaller than the finest toothbrush bristles. These fissure cannot be effectively cleaned, which the accumulation of bacteria and food debris can potentially result in tooth decay.

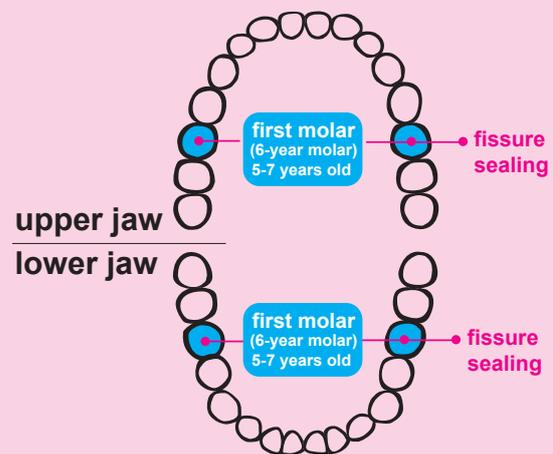
Fissure sealing is the filling of fissure with a sealant that can keep out bacteria and food debris, which makes the tooth easier to clean and reduces decay.

How to seal?

Fissure sealant is a special dental resin material that has good fluidity for penetrating into fissures, and seals seamlessly and firmly to the tooth surface. The dentist will first clean and dry the tooth for preparation. The sealant is then applied to the surface and cured. A dental checkup and reassessment is recommended 6-12 months after the sealing procedure.

Timing for fissure sealing.

The permanent teeth usually emerges in children between the ages of 5-7. The first tooth to emerge is the first molar. (Shown below)



- Currently, the first molar fissure sealing is covered for first and second grad elementary school children that were born after September 2nd, 2007; and underprivileged children (including low-income households, disability, aboriginal areas, rural area, and outlying islands) born after September 2nd, 2006.
- Claim method: bring health insurance card and related documents to an approved dental clinic for service.

What to do when a tooth is knocked-out?

(emergency procedures are as followings: critical time is 60 minutes; the sooner the treatment, the higher the success rate of replant the tooth back into the mouth)

1. Permanent rate of replanting the tooth lost tooth, and pick up the tooth by the crown.
 2. Gently rinse off any dirt and sand on the tooth under the faucet with a slow and gentle stream.
 3. Keep the tooth moist after rinsing, i.e. keeping the tooth in milk, saline, or in the mouth.
 4. Seek treatment at a dental clinic immediately.
- There is no need to retain the tooth if the lost tooth is deciduous. (baby teeth)