



## Healthy teeth



Teeth are very important for health and well-being. Healthy teeth are not only necessary for growth and being able to chew, but they also allow children to have a beaming smile.



### First aid if a tooth is damaged

If one of your children's teeth is knocked out, broken or loosened as a result of a fall or an impact, it can be saved.

Never hold the tooth by the root and do not clean it.

The tooth root must not dry out. Transport the tooth or broken tooth fragment in a tooth saver box (available from all pharmacies) or in a little (UHT) milk. Saliva or water are only suitable for a very short time (max. 30 mins.) if nothing else is available.

Tell your dentist immediately or contact the Schulzahnklinik.

#### ► **Caries**

Caries occurs when certain bacteria and sugar are present in the mouth at the same time, leading to the much feared "cavities" in the teeth. Even milk teeth can be badly damaged by caries. This damage is not eliminated when milk teeth fall out, but rather the decay is transferred to the adult teeth. That is why it is so important to ensure good oral hygiene – even for very young children.

#### ► **Prevention through regular brushing**

To keep the teeth free of cavities requires good oral hygiene. That means cleaning the teeth at least twice a day, after the main meals, with toothpaste containing fluoride. Try to make sure that snacks between meals are sugar free. The best things to drink are water or unsweetened tea. The longer the sugar from sugary drinks or traces of food remain in the mouth, the greater the chance that teeth will be damaged. It is important that you help children to clean their teeth until they are about 8 years old, and set a good example.

#### ► **Recommendations for a tooth-friendly diet**

- Avoid sweet snacks and soft drinks altogether, or brush teeth afterwards!
- Many types of sugar can cause tooth decay, for example the fructose in fruit juices.
- When buying sweets, look out for the "Tooth-Friendly" description.
- Do not reward your child with sweets. It could become accustomed to receiving them.
- Use table salt with added fluoride for cooking.

#### ► **Prevention through dental check-ups**

The habit of tooth brushing should begin with the eruption of the first tooth. Initial annual dental check-ups at the ages of two, three and four years can be provided at no charge. Vouchers for these free check-ups are available from the Schulzahnklinik and from paediatricians. In Basel-Stadt, children and youths receive annual check-ups from the school dental service; this starts in kindergarten and continues through to Year 9.

#### ► **Important addresses**

Schulzahnklinik Basel: 061 267 25 25, [www.uzb.ch](http://www.uzb.ch)  
Schulzahnpraxis Riehen und Bettingen: 061 641 68 00  
Zahnärztlicher Notfalldienst: 061 261 15 15