



Passage House Dental Care

modern dentistry for all

Teeth

11 years and up

It is important to keep going with the good cleaning and diet, which have been learnt in the early years. By the age of about 13 years, 28 adult teeth should be present.

A lot of people will get 4 more adult molars or wisdom teeth in their late teens or early twenties, to make the complete set of 32 teeth.

Cleaning

You can ask your Dentist to show your child how to clean their teeth. It won't hurt to be reminded how to do this well.

Brushing twice a day with fluoride toothpaste is essential to establish and maintain a good routine for life. Once in the morning and once at night.

Diet

Sugary foods are OK to eat at some mealtimes but not between meals. This will reduce the amount of times teeth are exposed to sugar.

Fizzy drinks are not only sugary but also acidic – which means that it could lead to acid erosion or wearing away of the teeth.

Visiting the Dentist

Ensure that your child visits the Dentist regularly. Your Dentist will tell you how often they need to be seen.

Don't forget these 3 simple steps for a lifetime of healthy teeth:

1. BRUSH TWICE A DAY
2. EAT A HEALTHY DIET, NO SUGARY SNACKS BETWEEN MEALS
3. VISIT YOUR DENTIST REGULARLY

HAPPY BRUSHING!

To make an appointment email Or call:

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