Establishing good oral care habits from the very first tooth

By Jordan

It is important that we take care of our teeth right from the very first indication that they will grow. Establishing good habits now will ensure that they will be healthy for a lifetime. Here are some good tips to remember.

- Choose a soft toothbrush. Children have softer enamel than adults do, and it is easier for them to brush too hard. A soft toothbrush is gentle and safe for children's teeth and gums.
- Children need a small toothbrush head as their mouths are smaller and it is easier to navigate around the mouth with a smaller head. A small head makes it easier to reach and clean properly all the difficult areas in the mouth, especially the back molars when they start to develop. It is in these areas that cavities are most likely to start developing.
- Children have less dexterity and motor skill development than adults do. It is easier for them to control their brushing movements with a handle that has more volume. Their hands are also much smaller than adults are so choose a handle that will fit comfortably in their hands.
- Children should use a toothpaste that is formulated especially for them, and only a small amount is sufficient (a good rule of thumb is to think about the size of the nail on your child's little finger and use a similar amount of toothpaste). Children's toothpaste have a lower dosage of fluoride than adult toothpastes. Most children prefer milder toothpastes that are not 'strong'. They tend to prefer other flavours like fruit flavoured toothpaste. Children should not swallow toothpaste.
- Parents are advised to brush their children's teeth. In the Scandinavian countries, the National Dental Associations recommends parental assisted brushing until children are around 10 years of age.
- Brushing the teeth for 2 minutes gives the best results. Brushing time is the most easily controlled parameter of effective everyday brushing. Increasing time from 45 seconds to 2 minutes will increase plaque removal and contribute to significantly improved oral health benefits.
- In addition to brushing, the American Dental Association recommends that parents help their children 'floss' as soon as two of their teeth touch each other. This can be as early as when they get their permanent back molars (from 6 years of age).
- To keep teeth clean and healthy it is recommended that both you and your children avoid in-between meal snacking and foods and drinks that can harm your teeth's enamel. Try rinsing your mouth with water in between brushing sessions to help wash away food and help prevent plaque build-up. Finally, regular check-ups with your local dentist/hygienist will help you keep your teeth healthy.

References
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Beverly Hills Formula reveals the secrets of whitening toothpastes!

By Dental Tribune MEA/CAP/Pharma

Beverly Hills Formula has been working hard to provide premium quality oral care products for the dental sector through their range of whitening toothpastes and mouthwashes for more than 20 years. Dental Tribune Middle East & Africa speaks to Beverly Hills Formula Managing Director Chris Dodd to reveal some secrets that lie around whitening toothpastes!

Dental Tribune MEA: Firstly, can you give us some background on Beverly Hills Formula and its overall vision?

Chris Dodd: When Eric Peter van den Broek and John Peter established the Beverly Hills Formula brand back in 1992, the majority of whitening toothpastes around were very abrasive and were responsible for tooth sensitivity and damage to the enamel. And so it became the company's aim to provide whitening toothpaste that enabled everyone to attain high stain removal and effective tooth whitening results, without damaging the enamel. This was, and continues to be, the core vision of the company and Beverly Hills Formula brand.

Beverly Hills Formula whitening toothpaste has been in the oral care health and beauty sector for over 20 years now. Where do you think this success lies?

We continuously strive to enhance our product offering and one of our latest developments is Perfect White Black toothpaste. Ideally placed to complement the Perfect White range, Perfect White Black helps those who suffer from bad breath achieve a Hollywood smile with its high performance 'activated charcoal' whitening whilst experiencing a fresh breath feeling.

Innovation, high stain removal but low abrasivity are key factors for Beverly Hills Formula and it is important to us to always be using the highest quality of ingredients to ensure the quality of our products is next to none. This is why I believe Beverly Hills Formula remains successful over 20 years since the brand was born.

Tooth whitening is one of the fastest growing markets in the dental sector. Why do you think this is?

In today’s image-conscious society, more and more celebrities are opting for tooth whitening, veneers, or other cosmetic procedures, in order to attain a bright, white smile, aka the “Hollywood Smile”. Quite simply, if people aren't happy with their appearances, including their teeth, this can impact on their confidence, self-esteem and happiness. As a result, patients are increasingly turning to their dentists and dental hygienists...