**INFLAMMATION IN THE GUMS**
- edness, swelling
- bleeding

**BACTERIAL COVER (plaque)**
- a soft, sticky bacterial film, which sticks to the tooth

**CALCULUS**
- hardened bacterial cover
- can be formed in a few weeks
- sticks to the tooth
- cannot be brushed away, should be removed at a dental clinic

**HOW TO TAKE CARE OF YOUR TEETH**

**CLEAN TEETH**
- Brush twice a day
- Clean the areas between your teeth

**HAPPY SMILE**
- Fluoride toothpaste
- Fluoride tablets
- Xylitol chewing gum
- Prefer xylitol as a sweetener

**FRESH BREATH**
- Eat only 5-6 times a day
- Avoid sugar

**HEALTHY GUMS**
- Regular check ups

**THE FSHS GUIDE TO TAKING CARE OF YOUR TEETH**

**HOW TO TAKE CARE OF YOUR TEETH**

**CLEAN TEETH**
- Brush twice a day and once a day clean the areas between your teeth with toothpick, dental floss or interdental brush
- Use fluoride toothpaste and xylitol chewing gum and fluoride tablets if necessary
- Regular meals
- Avoid sugar, prefer xylitol
- Regular check ups

Marjaana Vuorio
Brush your teeth twice a day with a fluoride toothpaste
small, soft toothbrush

Brush specially near the gums

Use a triangular toothpick every day, push the pick between your teeth, the base against the gum. Move the toothpick to and fro a few times

or

If your teeth are tightly together, use a flat and waxed dental floss

or

If the areas between your teeth are wide, use interdental brush

Healthy gum: pink, attached tightly around the tooth
Gingival sulcus
Attachment fibres
Alveolar bone

In sufficient cleaning leaves a bacterial cover on your teeth, that causes inflammation, shown as bleeding in the gums and bad breath.

Soft bacterial cover
Inflated gum: reddish, puffy attached loosely, so that bacteria can proceed under your gums into the gingival sulcus.

If you don’t remove the soft bacterial cover regularly, it hardens into calculus, bacteria that gets into the gingival sulcus destroys the attachment fibres and alveolar bone and may even cause tooth loss.

Hardened bacterial cover
= calculus
= tartar

Destroyed attachment fibres and alveolar bone