



# TOOTHPASTE

## UNDER 3 YEARS OLD

- ✓ USE TOOTHPASTE CONTAINING NO LESS THAN 1,000 PPM FLUORIDE TWICE DAILY.
- ✓ USE NO MORE THAN A SMEAR OF TOOTHPASTE (A THIN FILM OF PASTE COVERING LESS THAN THREE QUARTERS OF THE BRUSH.
- ✓ "SPIT DON'T RINSE"
- ✓ CHILDREN MUST NOT EAT OR LICK TOOTHPASTE FROM THE TUBE.



*A smear of toothpaste*

## 3 – 6 YEARS OLD

- ✓ USE TOOTHPASTE CONTAINING MORE THAN 1,000 PPM FLUORIDE TWICE DAILY.
- ✓ USE NO MORE THAN A PEA SIZED AMOUNT OF TOOTHPASTE.
- ✓ "SPIT DON'T RINSE"
- ✓ CHILDREN MUST NOT EAT OR LICK TOOTHPASTE FROM THE TUBE.



*Pea sized amount of toothpaste*

## 7 YEARS OLD – ALL ADULTS

- ✓ USE TOOTHPASTE CONTAINING 1,350 – 1,500 PPM FLUORIDE TWICE DAILY.
- ✓ A PEA SIZED AMOUNT OF TOOTHPASTE IS ADEQUATE.
- ✓ "SPIT DON'T RINSE"
- ✓ DO NOT EAT OR DRINK FOR 30 MINUTES AFTER BRUSHING YOUR TEETH.

## THE ROLE OF TOOTHPASTE AND SOME MOUTHWASHES

- ✓ ANTICARIES PROPERTIES (FLUORIDE)
- ✓ ANTIPLAQUE/ANTIBACTERIAL QUALITIES
- ✓ DESENSITIZING POTENTIAL
- ✓ ANTI CALCULUS ACTION
- ✓ STAIN REMOVAL

*Rinsing with water or mouthwash (including fluoride mouthwashes) immediately after tooth brushing will wash away the concentrated fluoride in the toothpaste and dilute it. This reduces its preventive effects so rinsing after tooth brushing is discouraged...*

**"SPIT DON'T RINSE"**