



Dental Cavities

A happy routine for parents and children

Causes and Prevention

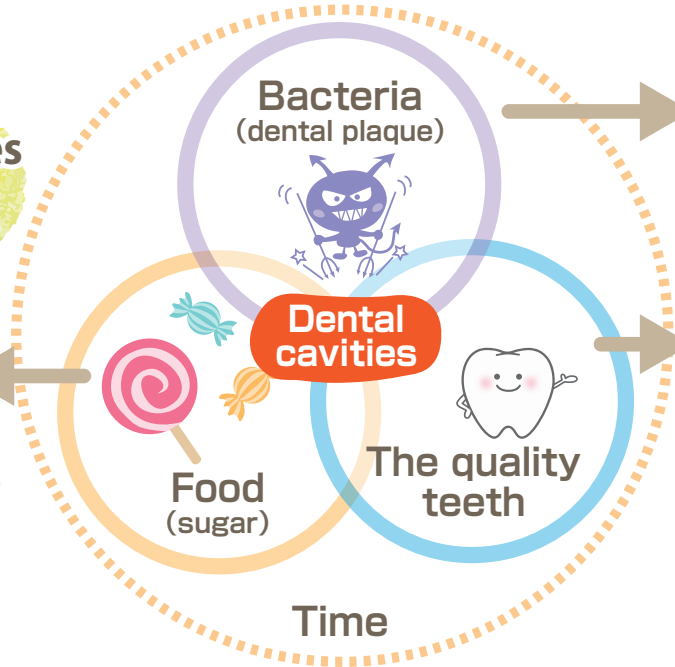
Dental cavities occur with a combination of 4 factors



Preventing cavities everyday with **3 steps!**

2. For sugar intake, determine specific times and meals.

Eating and drinking all day is not good for your teeth.



1. Remove dental plaque with daily brushing

Based on The Okinawa Society of Child Health's data analysis, "brushing your teeth before bed" is effective in preventing dental cavities.

3. Use a fluoride ion spray and fluoride gel at home every day. Apply a fluoride regularly at your family dentist's office to strengthen your teeth.

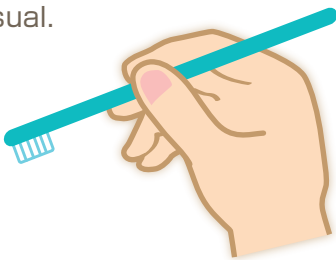
"Fluoride application" is the most effective and a scientifically proven method of preventing cavities.



Tips for brushing your teeth before bed!

How to hold a toothbrush

Hold it lightly as if holding a pencil, and slightly shorter as usual.



How to move a toothbrush

Hold the toothbrush at a right angle to the tooth surface and the gums and gently move the brush back and forth using short, tooth-wide strokes.

Apply at a right angle



Hold the upper lip with your index finger as shown below.

Try brushing one tooth at a time in order to avoid touching the upper lip.



Guard their upper lip with your finger.

Position for brushing before bed

Children, one year old and above, can lay down between your legs (as shown below).





Brushing before bed

a check by parents to prevent dental cavities!

Use a toothbrush + dental floss for between teeth without gap.

Between 9 and 10 months

Places to watch out for cavities

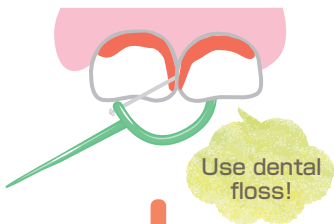
[Front teeth with gaps]

The gum line



[Front teeth without gaps]

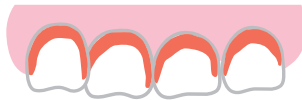
The gum line and between the teeth



Around 18 months old

Places to watch out for cavities

Between the upper front teeth and around the gum line

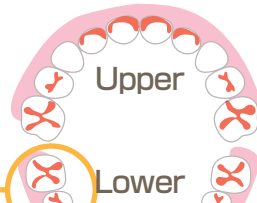


The biting surfaces of lower molars



Around 2 years old

Places to watch out for cavities



The biting surfaces of molars (especially when a tooth is growing in)



Fissure sealant is recommended when grooves on the molar is deep.

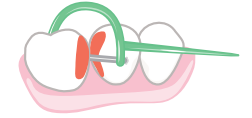
Around 3 years old

Places to watch out for cavities

The biting surfaces of molars and between the back teeth



Use dental floss when there is no gap between a tooth!



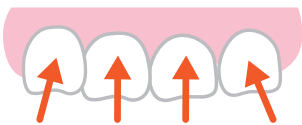
Try brushing your child's teeth after meals and snacks. If that is not possible, be sure to brush their teeth at least once a day before going to bed.

Use fluoride!

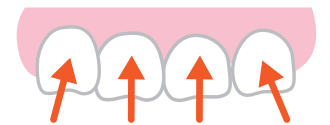
Fluoride spray (Renovigo: Fluoride ionspray)

- 1 Brush and clean your child's teeth before applying fluoride
- 2 Spray Renovigo evenly over all areas of the teeth and then use a toothbrush to get into every nook and cranny. You can also apply an appropriate amount of Renovigo directly to the toothbrush.

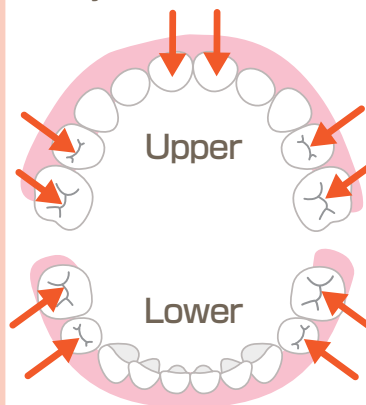
- Apply 4-5 sprays every time you brush your 8 front teeth.



- Apply 6-7 sprays every time you brush the 16 front teeth and molars.



- Apply 8-10 sprays each time you brush all 20 baby teeth.



Gel type

Paste type

- When your child is able to spit, use a gel or paste toothpaste. The recommendation is to brush twice.

STEP 1
Remove dental plaque

Brush well without fluoride and rinse well and thoroughly

STEP 2
Use fluoride

Apply fluoride, brush for about 30 seconds and then rinse lightly. You are all set!

Use fluoride!

Have your dentist apply fluoride 3 or 4 times a year!
Use a spray or toothpaste type of fluoride at home!

In order for it to be the most effective, do not rinse your mouth afterwards. No eating and drinking for about 30 minutes after applying fluoride.

[Precautions when using Renovigo (fluoride spray)]

Use 3 times a day. Press firmly on the bottle in order to get the proper amount. Keep the product away from the children. Do not spray on eyes. If accidentally gets in your eyes, immediately wash your eyes with clean water. Please do not open the bottle and ingest it. There is no need to rinse your mouth afterwards. Be careful not to spray it directly into the back of your throat.

