

Let's have a look at your mouth

If you leave your mouth open...



(Age 6)

Photo provided by: Member of the Nagoya City Dental Association

You will start mouth breathing. ☹️

- ▶ You will catch colds easier.
- ▶ It causes bad breath and increases the risk of cavities and gum inflammation.

It harms your teeth alignment. ☹️

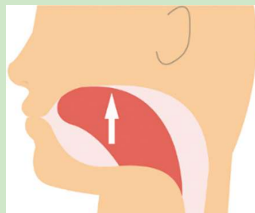
You are more likely to eat with your mouth open. ☹️

- ▶ You can't chew properly.
- ▶ You are likely to swallow your food without chewing enough or wash food down with water or tea.



How to prevent this...

- If you have nasal inflammation or other conditions, consult an ear, nose, and throat doctor.
- Keep good posture.
- Leave your tongue in the right position. Keep your tongue on the roof of your mouth when your mouth is closed.



What to pay attention to when permanent teeth start coming in

If your jaw isn't fully developed, permanent teeth may come in before baby teeth fall out. If they do not fall out naturally, consult a dentist.



Photo provided by: Dr. Yuichiro Ito

For your mouth's development and good teeth alignment

Eat slowly and chew well.



My adult teeth are coming in!

The first molars are coming in behind the baby teeth.

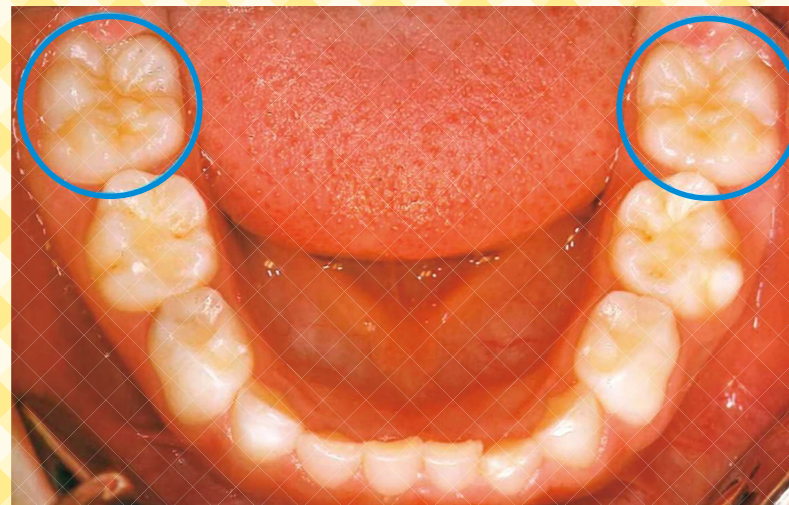


Photo credit: Kenji Marumori, [Ah! Adult Teeth], Shonen Shashin Shinbunsha

* Permanent teeth start coming in at around 5-6 years old. The permanent teeth called first molars (6 year old molars) come in at this time. These teeth are the biggest and have the strongest bite of the permanent teeth, and are essential to teeth alignment.



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Be careful with teeth that have just come in



When permanent teeth first come in, their surface is underdeveloped and bumpy, and they are weak and get cavities easily. Over time they calcify and after about three years they get harder.

Let's have a look at the tooth's surface under a microscope



Materials provided by: Professor Emeritus Haruo Nakagaki, Aichi Gakuin University

The fissures of first molars are deep

It is easy for plaque to build in these fissures and cause cavities.



Photo credit: Kenji Marumori, [Hajimete Haeru Otona no Ha], Ishiyaku Publishers

Applying a dental sealant to the fissures at the dentist can prevent this.

Sealant

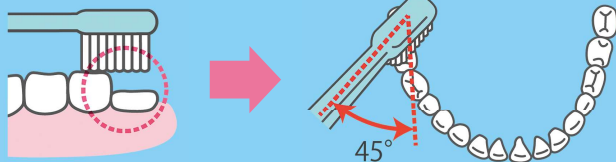


How to brush first molars

It takes a year to a year and a half for first molars to fully come in, so they are shorter than the baby teeth in front. Brush the molars from the sides.

Adults should give their child a touch-up brushing until early elementary school.

Shorter teeth are difficult to reach with a toothbrush.



Brush at an angle.

How to prevent cavities



Maintain a daily routine.

☆ Build good lifestyle habits and have meals at set times every day.



Be careful with what snacks you eat, and how often you eat snacks.

☆ Avoid snacks with lots of sugar like candies, chocolate, and Ramune tablet candies. Also avoid acidic drinks like juices, soft drinks, sports drinks, and probiotic drinks.



☆ Only eat snacks once a day.

Brush teeth carefully and thoroughly remove plaque.

☆ Brush each individual tooth with care, and make sure to brush especially well before bed.



~ Use fluoride ~

When teeth first come in, they can get cavities easily. Fluoride is most effective at this time. Using fluoride is recommended.



Fluoride treatment



Fluoride mouthwash



Toothpaste with fluoride

The City of Nagoya is promoting the use of fluoride mouthwash and preschools and daycares.