

ALL ABOUT TEETH

* TYPES OF TEETH

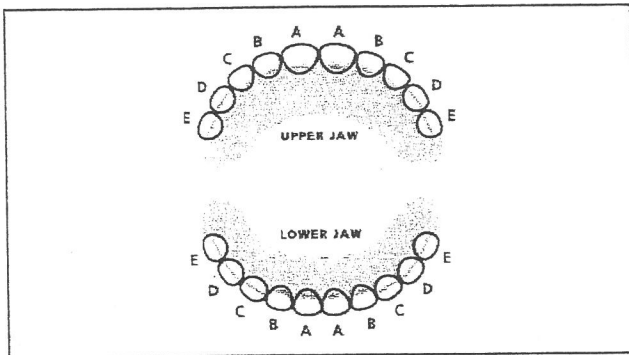
Baby or deciduous teeth

Incisor – there are 8 incisor teeth, 4 in the upper jaw and 4 in the lower jaw (A and B)

Canine – there are 4 canine teeth, 2 in the upper jaw and 2 in the lower jaw (C)

Molar – there are 8 molar teeth, 4 in the upper jaw and 4 in the lower jaw (D and E)

Which makes a total of 20 teeth.



Adult or permanent teeth

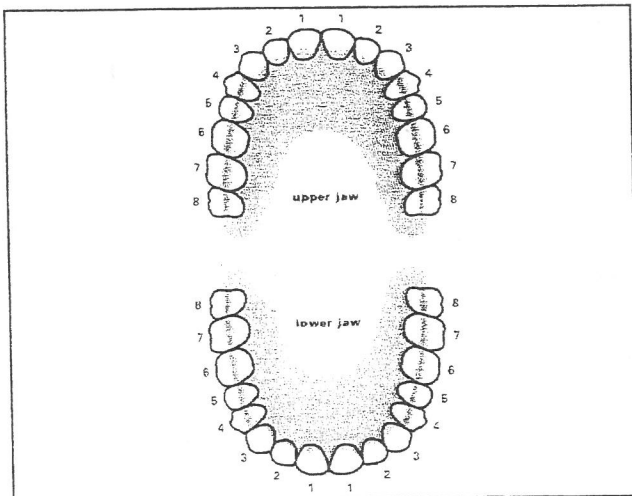
Incisor – there are 8 incisor teeth, 4 in the upper jaw and 4 in the lower jaw (1 and 2)

Canine -there are 4 canine teeth, 2 in the upper jaw and 2 in the lower jaw (3)

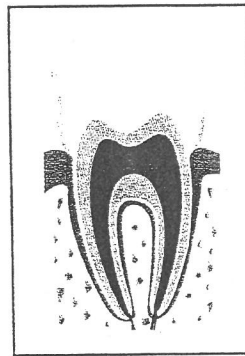
Premolar – there are 8 premolar teeth, 4 in the upper jaw and 4 in the lower jaw (4 and 5)

Molar – there are 12 molar teeth (including wisdom teeth) 6 in the upper jaw and 6 in the lower jaw (6, 7 and 8)

Which makes a total of 32 teeth.



* ANATOMY



Enamel – is the hard, protective outer coating of the tooth. It does not contain nerve endings and is not sensitive to pain.

Dentine – Is found underneath the enamel and forms most of the tooth. It contains nerve endings and is very sensitive to pain.

Pulp – is in the centre of the

tooth and contains blood vessels and nerves.

Cementum – is the bony tissue layer which surrounds the dentine.

* HOW MANY TEETH

Babies are usually born with no teeth.

Children have 20 baby teeth by the age of approximately 2.5 years' old.

Adult teeth begin to erupt around the age of 6 years old and most people have 28 permanent teeth by the age of approximately 18 years' old.

Up to 4 wisdom teeth may come through normally between the ages of 18-25 years' old.

* HOW TO CLEAN TEETH

You should brush your teeth last thing at night and at least one other time during the day using a good fluoride toothpaste.

The ideal fluoride level is 1000ppm (parts per million) up to the age of three years old, over 3 years old the level should be 1350-1500ppm.

Change your toothbrush every 3 months or as soon as the filaments begin to splay.

Do not rinse after toothbrushing as this will wash away the fluoride and stop the toothpaste from being so effective.

If you use a mouthwash this should be used at a different time to when you brush your teeth.