



FOLK
TAND
VÅRDEN
SKÅNE

English

National Dental Care [Swedish: Folktandvården] Skåne

Advice about teeth



Dental care in Sweden

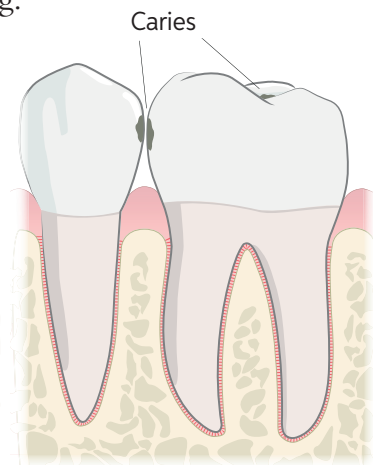
In Sweden, children between 0 and 23 years of age receive free dental care. Adults pay for their dental care pursuant to a schedule of charges. Information on dentists and dental hygienists, as well as where you can seek help if you are in pain, can be found on our website.

Caries

Holes in the teeth, **caries** or cavities, are caused by bacteria and sugar. There are always bacteria in the mouth. They easily attach themselves to the teeth. That kind of layer of bacteria is called plaque. Every time the bacteria come into contact with sugar an acid is formed which attacks the teeth. If the teeth are frequently exposed to attack by acid caries may develop.

There is sugar in most of the food that we eat, in ordinary food and most of all in sweet drinks, cakes and candy. It is therefore important not to eat too often, at most five times per day, and to brush your teeth morning and evening.

If you drink sodas or eat cakes and candy do so in combination with meals. Drink water when are thirsty between meals. If you are tempted by sweet things, choose sugar-free chewing gum or pastilles. These will not affect your teeth.



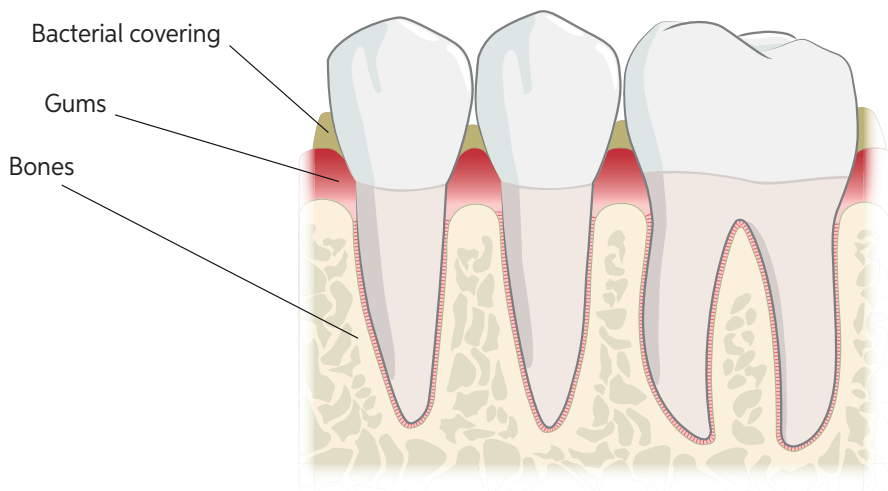
Fluoride

Fluoride is a substance which makes the teeth strong. It reduces the risk of caries. Therefore always use fluoride toothpaste. Fluoride may also be used in another way, which a dentist or dental hygienist can recommend.

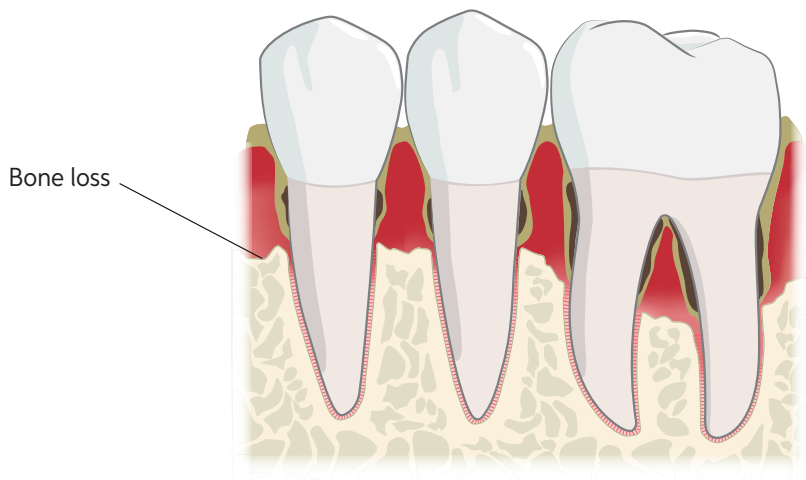
Loosening of Teeth

Bacteria can also be a cause of **the loosening of teeth**, which is most common with adults. The loosening of teeth is not felt but a warning sign is when there is blood when you brush your teeth.

When the gum is tight against a tooth, you normally have a so-called gum pocket. The bacteria can grow down in it and then you cannot brush them away yourself. The gums then become red, swollen and bleed easily.



The bacteria in the gum pocket calcify after a while to become tartar. Gradually the bone around the tooth is destroyed and the tooth can loosen. A dentist or dental hygienist can remove the tartar so that loosening of the tooth is slowed down or stopped completely.



In order to avoid caries and the loosening of teeth, it is a good idea to follow this advice:

- **Brush your teeth carefully with fluoride toothpaste morning and evening.**
- **Don't eat so often. Let the teeth rest between meals.**
- **Get dental care regularly.**