

The purpose of this translated information sheet is to assist your comprehension. You MUST refer to the German version for current amounts (in euros).

Dental centre for children and adolescents

KIDZ dental care

Health starts in the mouth. And with the very youngest. With its KIDZ dental centre for children and adolescents, the Upper Austrian district health insurance fund (OÖGKK) has strengthened its expertise in children's dentistry. Highly trained dentists and assistants respond to the little patients and their parents in a caring environment.

What we offer:

For children and adolescents up to the age of 14:

- Consultation on oral hygiene, tooth and jaw development
- Dental treatment
- Orthodontics with removable appliances
- In-house cooperation with the walk-in clinic's speech therapists, psychologists and physiotherapists

Attendance at KIDZ – information for parents

Nursery groups, school classes and parent/children groups receive a warm welcome at KIDZ. Your children become familiar with dentistry and the dental surgery, trying out the instruments and brushing their teeth together. The visit ends with a small, tooth-healthy meal taken together, with bread and butter, cheese, fruit, vegetables and water. Let your children talk about what they learnt on their visit to KIDZ.

Tips for healthy children's teeth:

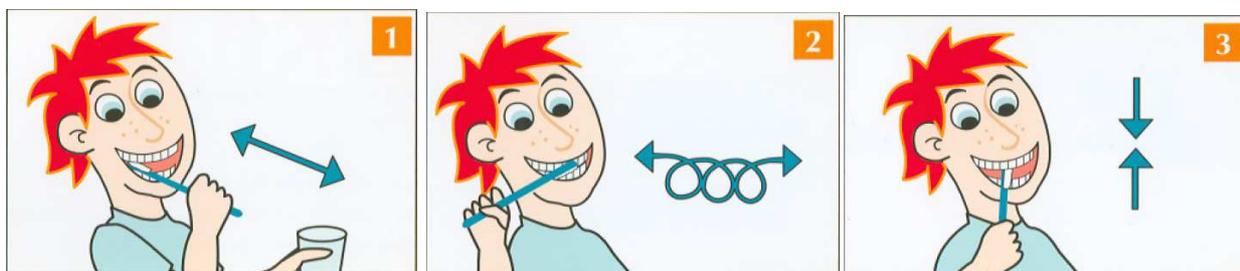
- **Sugar-free morning!**
Think of the hidden sugar in the drinks or meal you give your children to take with them.
- **The sixth tooth – the most important lasting tooth:**
At the age of 5 or 6 the first lasting molars appear. Their deep pits and grooves are very susceptible to decay if they are not cleaned every day.
- **Fluoride protects teeth from decay**
Toothpastes contain fluoride. Also use cooking salt that contains iodine and fluoride when cooking.

The right way to brush teeth

Denni Dent shows how to brush teeth correctly using the COI method. Put a pea-sized amount of children's toothpaste on the toothbrush and begin. The **C**hewing area first, followed by the **O**utside of the teeth and finally the **I**nside of the teeth. Parents should always monitor their children and do a follow-up brushing.

The COI method:

- 1) **Chewing area**
Clean the chewing area with soft back and forth movements.
- 2) **Outside**
Brush the outside of each tooth with five small circles, rolling the toothbrush from the gum to the chewing area (from red to white).
- 3) **Inside**
Clean inside in the same way as the outside. Hold the toothbrush upright when brushing incisors.



You can reach our new building by Linz Linien buses 45 and 46.

Bus 45: Stops at Garnisonstrasse and Paula Scherleitner Weg

Bus 46: Stops at Garnisonstrasse

Garnisonstrasse 1a, 4020 Linz

To arrange an appointment for an initial dental examination or to apply to visit KIDZ, please call us on: 05 78 07 – 10 34 00

You can easily reach the modern, child-friendly area on the first floor of the walk-in clinic through the corridor of the Linz walk-in dental clinic.