

Dental Health

Childhood

First Visit-Recommended 18 months - 3 years

Have them come in with mom or older siblings so they can become familiar with the dentist.

Preventive

Use a wash cloth on baby teeth.

Parents brush and floss children's teeth, then let the children do it themselves. Take turns. Continue this for years.

Fluoride is important during these developing years. If it is not in the water, get a prescription for drops or pills.

Don't be alarmed if teeth come in with spaces between. This is so there is room for the permanent teeth.

Youth

Preventive

Continue brushing and flossing for your child as long as possible.

Fluoride: Continue with pills or drops until the permanent teeth are in. Topical fluoride is to prevent decay when the teeth are in the mouth.

Sealants are wonderful for preventing decay in the tops of teeth. These are usually done on the permanent molars when they are fully erupted {approximately 6 and 12 years of age.}

Baby teeth start to fall out anytime between 4 and 8 years of age.

Emergencies

If a tooth is knocked out, reinsert it back into the socket as quickly as possible and get to a dentist ASAP. Next best is to hold it in the cheek or keep in milk.

If a tooth is sensitive to hot, it might be an abscess.

If a tooth is sensitive to biting pressure, it might be cracked.

If a tooth is sensitive to sweets, it might be decay.

Plaque Information

Within an hour and a half of having a dental cleaning, plaque is back on the teeth. At that point it is not destructive. It takes 24 hours for plaque to organize itself into a destructive unit. Plaque is a community that has bacteria that bring in food and bacteria that take out waste. When it is organized, it combines with food and forms an acid that creates problems in the mouth. That is why daily (preferably at the same time everyday) brushing and flossing is recommended to disrupt the plaque and prevent disease.

Websites with good information:

www.adha.org/oralhealth

www.ada.org/public

www.mouthpower.org (Fun interactive game for kids)