

Dental care for children



Middleborough
Dental Care

www.middleboroughdental.com.au

Normal dental development

- ▶ Teeth play important roles in diet and nutrition, speech, and appearance
- ▶ First baby teeth erupt at 6 months of age
- ▶ By age of 2, all 20 baby teeth have erupted in mouth



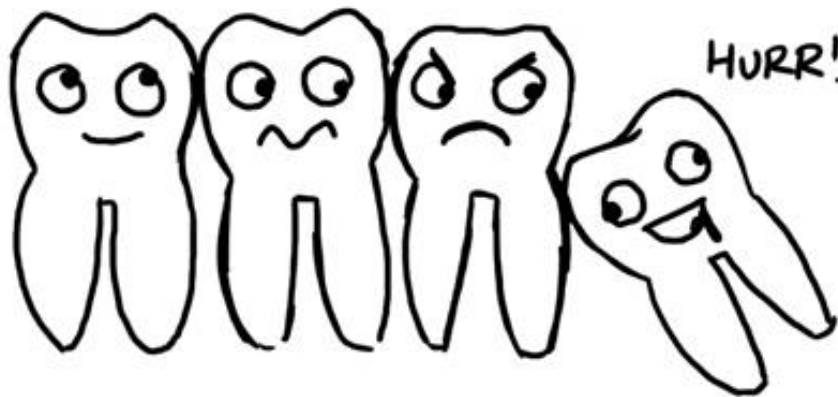


Baby teeth start to fall out at about 6 years of age, followed by eruption of first adult teeth

By age of 12-13, all adult teeth have erupted except wisdom teeth

Common oral conditions in children

- ▶ Dental decays
- ▶ Malocclusion
- ▶ Dental trauma
- ▶ Gum disease
- ▶ Tooth wear



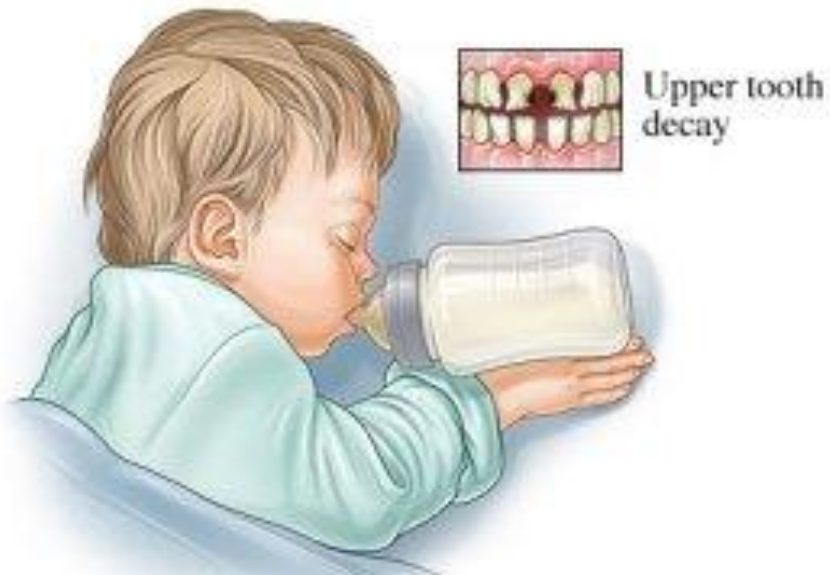
How many children are affected?



- ▶ 46.3% of 5-6 year old children in Australia experienced dental decays in their baby teeth
- ▶ 45.1% of 12 year old children in Australia experienced dental decays in their adult teeth (Child Dental Health Survey Australia 2009)

Healthy teeth for babies

- ▶ After teeth erupt, clean the child's teeth at least twice a day with a mini toothbrush
- ▶ Avoid giving children bottles containing sugary liquids to sleep, including milk
- ▶ Avoid dipping a pacifier in anything sweet
- ▶ Start using pea-sized children's toothpaste for brushing



Diet and dental health



- ▶ About 90% of all foods contain sugars or starches that enable bacteria in dental plaque to produce acids. This attack by bacterial acid, lasting 20 minutes or more, can lead to loss of tooth mineral and to cavities.
- ▶ Acids present in carbonated beverages can have a greater negative effect (i.e., erosion) on enamel than the acids produced by bacteria from the sugars present in sweetened drinks.



Healthy food healthy teeth

- ▶ Provide a balanced diet and save foods with sugar or starch for meal times.
- ▶ Limit the number of snack times. Choose nutritious snacks e.g. cheese, vegetables, yogurt, peanut butter and milk
- ▶ Select products that are sugar-free e.g. xylitol chewing gum



Cavity fighters

- ▶ Fluoride encourages "remineralization"
- ▶ In Victoria, drinkable tap water has added fluoride
- ▶ Your child should use toothpaste with fluoride and should not swallow any toothpaste
- ▶ Dentist may apply topical fluoride or "toothmousse"



Tooth brushing can be fun



- ▶ When can a child brush his/her own teeth?
Usually 6-8 years of age
- ▶ Best times are after breakfast and before bed
- ▶ Flossing is just important
- ▶ Choose soft, round-ended bristles that clean while being gentle on the gums
- ▶ Remember to throw out a toothbrush after 3 months or sooner if the bristles are fraying

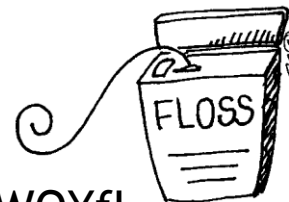


How to brush your teeth?

Brushing Techniques - Modified Bass

https://www.youtube.com/watch?v=LqCpZm6s_dE

How to floss properly?



<https://www.youtube.com/watch?v=4PreNWWOYfI>

What is a dental sealant?



- ▶ Made of clear or shaded plastic, sealants cover and protect the chewing surfaces of back teeth
- ▶ The teeth most at risk of decay, and therefore, most in need of sealants are the six-year and twelve-year molars
- ▶ Sealants can reduce cavities forming by 70% up to 5 years after placement ([J Dent Res.](#) 2008 Feb;87(2):169-74. The effectiveness of sealants in managing caries lesions.)
- ▶ Sealants cost less than half of what a filling costs

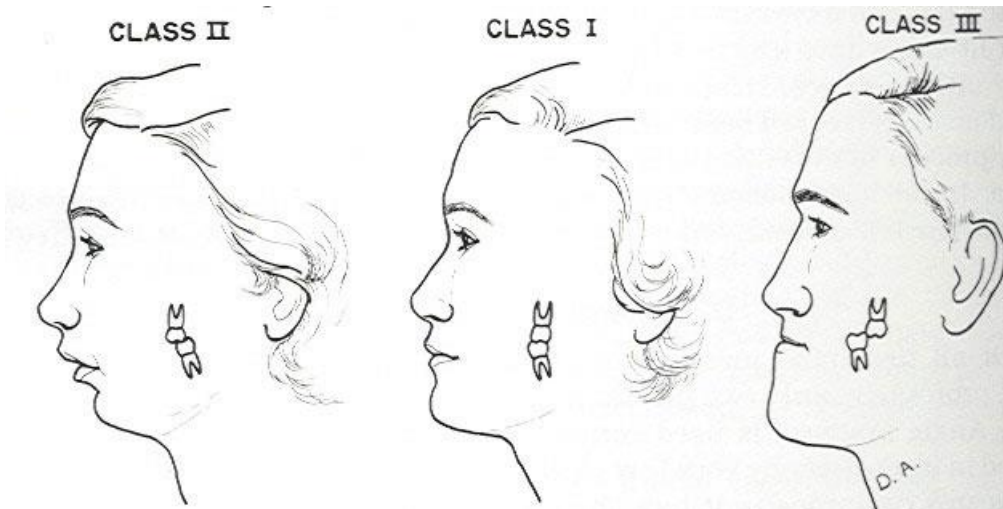
Five steps to keep away cavities

1. Good home dental care
2. Fluorides
3. Sealants
4. Limited snacking
5. Regular visits to the dentist



What causes malocclusion?

1. Skeletal pattern: size and position of the lower jaw, relative to the upper jaw
2. Muscle activity: the lips, cheeks, the tongue and muscles of mastication
3. Sucking habits: sucking of thumb or fingers for a prolonged duration



Can we prevent malocclusion?

- ▶ Can deal with environmental factors
- ▶ Unlikely to influence outcome as there is a strong genetic component in malocclusion
- ▶ Early detection of an anomaly, followed by early treatment by dentists or orthodontists for children as young as 8 years of age
- ▶ Cessation of sucking habits



Can we correct malocclusion?

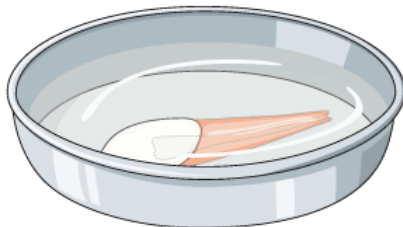
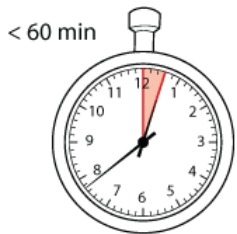
1. Removable functional appliance (plates)
2. Fixed orthodontic appliance (braces)
3. Orthognathic surgery



Dental Emergency



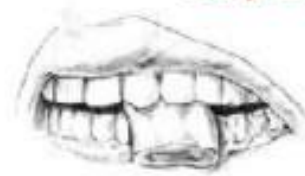
- ▶ When a baby tooth is knocked out...do not need to put tooth back
- ▶ When an adult tooth is knocked out...put tooth back into the socket or in cold milk/ saliva until the child sees a dentist



Step 2



Step 3



- ▶ When a tooth is broken...see a dentist for treatment
- ▶ When the child has a toothache...give pain relief medication and take the child to a dentist



Mouth guard is your best mate in sports

- ▶ 50-80% of all dental injuries involve the front teeth of the upper jaw
- ▶ Estimated cost to treat and provide follow up care for a permanent tooth that was knocked out is between \$5,000 and \$20,000 over a lifetime (The National Youth Sports Safety Foundation in 2005)





A child should wear a mouth guard in sports such as football, baseball, basketball, soccer, hockey, wrestling and gymnastics, skateboarding, skating and bicycling



