
How to raise Cavity free kids

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Cavity free Kids? It's not magic, You can make it possible and I'll show you how. .

Hi , I am Dr Hema Patel a general dentist practicing in Fremont, Ca. At our office we try our best to educate our patients about different dental problems and offer all the treatment options available and help them make the best decision. Our goal is to help you keep your teeth healthy for lifetime.

In this session, I'll show you the step-by-step approach of

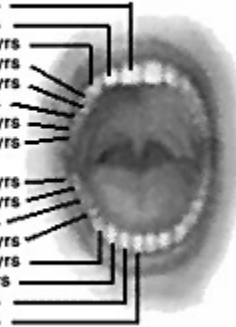
- How to prevent cavities in your kids' mouth
- How to help your child develop strong teeth that can resist cavities
- How to develop good oral hygiene habits that can help them keep their teeth healthy for lifetime.

To understand this topic better, it's necessary that you get a general idea of the eruption pattern of baby and adult teeth.

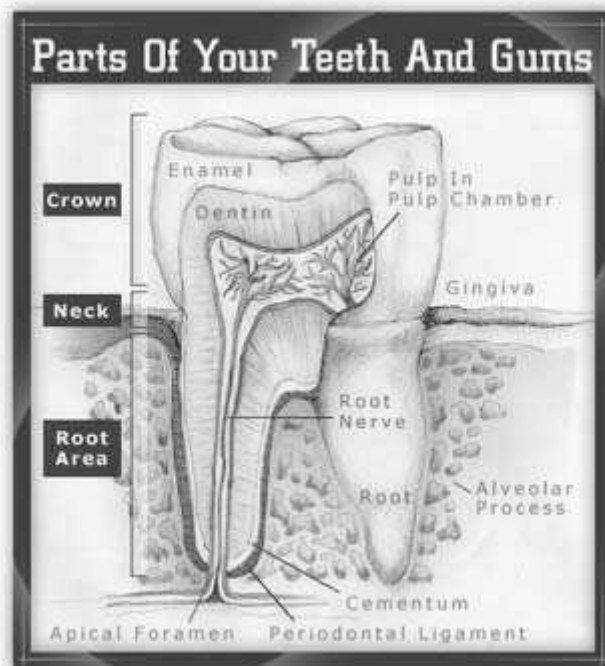
Baby's first tooth erupts around the age of 4-8 months and usually all 20 baby teeth are in the mouth by the age of 3 years. Babies will keep these teeth till around the age of 6. Permanent or adult teeth start erupting around the age of 6 and they replace all the baby teeth by the age of 12 or 13. Lastly the 3rd molars may erupt somewhere between ages of 16 to 20 or may not erupt if they are impacted (stuck behind the molars or in the bone)

DENTAL DEVELOPMENT

Upper Teeth	Primary Erupt	Permanent Erupt
Central incisor	8-12 mos	7-8 yrs
Lateral incisor	9-13 mos	8-9 yrs
Canine (cuspid)	16-22 mos	11-12 yrs
First premolar		10-11 yrs
Second premolar		10-12 yrs
First molar	13-19 mos	6-7 yrs
Second molar	25-33 mos	12-13 yrs
Third molar		17-21 yrs
Lower Teeth		
Third molar		17-21 yrs
Second molar	23-31 mos	11-13 yrs
First molar	14-18 mos	6-7 yrs
Second premolar		11-12 yrs
First premolar		10-12 yrs
Canine (cuspid)	17-23 mos	9-12 yrs
Lateral incisor	10-16 mos	7-8 yrs
Central incisor	6-10 mos	6-7 yrs



Keep these few numbers in mind and I'll show you the step-by-step approach of what you and your child should be doing to keep those pearly whites cavity free.



Teeth

A tooth is a bit like an iceberg — only a portion of it is visible, and so much lies beneath the surface. Your pearly whites not only give you your smile, but extend into your gums and then beyond the gums into the bones of your mouth. Although some people think of a tooth as a solid piece of bone, it is actually a multilayered structure alive with nerves and blood vessels

At Birth and before the first tooth erupts

Begin cleaning the baby's mouth during the first few days after birth. After every feeding, wipe the baby's gums with a damp washcloth or gauze pad to remove plaque. This establishes at an early age the importance of oral hygiene and the feel of having clean teeth and gums.

Six months to one year

Begin brushing your child's teeth when the first tooth erupts. You can use small soft toothbrush or a clean washcloth. Clean and massage gums in areas that remain toothless.

Now you'll think why are baby teeth so important? Aren't they going to fall anyway?

Your child's baby teeth are very important. Children need strong, healthy teeth to chew their food, speak and have a good-looking smile. Baby teeth also keep a space in the jaw for the adult teeth. If a baby tooth is lost too early, the teeth beside it may drift into the empty space. When it's time for the adult teeth to come in, there may not be enough room. This can make the teeth crooked or crowded.

Why it is very important to keep those small teeth clean?

As soon as teeth appear in the mouth, decay can occur. One serious form of decay among young children is baby bottle tooth decay.



It's very important to understand what baby bottle tooth decay is and how to prevent it. So let's take a closer look at that that aspect.

Decay in infants and children is called baby bottle tooth decay. It can destroy the teeth and most often occurs in the upper front teeth. But other teeth may also be affected.

What causes baby bottle tooth decay?

Decay occurs when sweetened liquids like milk, formula and fruit juice are given and are left clinging to an infant's teeth for long periods. Bacteria in the mouth use these sugars as food. They then produce acids that attack the teeth. Each time your child drinks these liquids, acids attack for 20 minutes or longer. After many attacks, the teeth can decay.

It's not just what you put in your child's bottle that causes decay, but how often and for how long a time. Giving your child a bottle of sweetened liquid many times a day isn't a good idea. Allowing your child to fall asleep with a bottle during naps or at night can be really harmful to your child's teeth.

Baby bottle tooth decay

Sometimes parents do not realize that a baby's teeth can decay soon after they appear in the mouth. By the time decay is noticed, it may be too late to save the teeth. You can help prevent this from happening to your child by following the tips below:

- Clean your baby's teeth and gums as we discussed previously after each feeding.
- Never allow your child to fall asleep with a bottle containing milk, formula, fruit juice or sweetened liquids.
- If you must give your baby a bottle as a comforter at bedtime, make sure it contains only water. And never dip a pacifier into sugar or honey.
- Avoid filling your child's bottle with liquids such as sugar water and soft drinks.
- If your local water supply does not contain fluoride (a substance that helps prevent tooth decay), ask your dentist how your child should get it.
- Start dental visits by the child's first birthday. Make visits regularly. If you suspect your child has dental problems, take the child to the dentist as soon as possible.

Baby's first birthday

It's time to see a dentist.

The American Dental Association (ADA) recommends scheduling a visit to the dentist within six months of the eruption of the first tooth, and no later than the child's first birthday.

If you take your child to the dentist at an early age, your dentist can help you prevent any problems. Your dentist will check for decay and other problems, teach you how to clean your child's teeth daily and identify your child's fluoride needs. By starting dental visits early, you'll help your child build a lifetime of good dental habits.

The best way to find a good dentist is to ask friends and family, other professionals or specialists or calling a local dental society or contacting American Dental Association. You can take your child to your family dentist and he or she will recommend or refer your child to a pediatric dentist if it's necessary.

Preparing For The Big Day

It's very important that your child's first visit to the dentist be a positive one. You play a big part in setting the tone. The best predictor of a child's behavior in the dental setting is the parent's level of anxiety. In most cases, if the parent is anxious, the child is going to experience some difficulty.

Here are a few tips to help your dental visit go smoothly:

Tell your child about the visit, but don't go into details. Answer any questions in a simple, matter-of-fact way. Let the dentist answer questions about dental tools, procedures or anything you're unsure about. Most dentists, especially pediatric dentists, are trained to explain things to children in non-threatening, easy-to-understand terms.

- Don't tell your child that something may hurt or be painful.
- Don't tell your child about an unpleasant dental experience you have had.

- Don't promise your child a reward for going to the dentist.
- Stress to your child how important it is to maintain healthy teeth and gums. Explain that the dentist's job is to help you and your child do this.
- Don't make promises that the dentist can't keep. Explain to your child that the dentist will "tell us." Remember, young children are often fearful. Some are afraid of being separated from their parents; others are afraid of the unknown; still others are afraid of being injured. All of this is perfectly normal. A dentist who treats children should have many methods for helping anxious or fearful children learn to understand and cope with the dental setting.

At The Office

Typically, the first dental visit is a short visit where very little complex treatment is done. The goal is to give your child a chance to get to know the dentist and dentistry in a friendly, non-threatening way. During this visit, the dentist will:

- Thoroughly examine your child's teeth for tooth decay
- Examine your child's gums and soft tissue for disease or problems
- Evaluate your child's bite
- Identify any potential problems
- Show you how to properly clean your child's gums and teeth at home
- Talk about your child's fluoride requirements
- Answer your questions or concerns

During the first visit, your child's teeth may also be cleaned and fluoride may be applied. The dentist may examine your child while you hold the child in your lap. Or the dentist may want your child to sit in the dental chair and have you to sit in a chair next to the child. Some dentists ask parents to wait outside the treatment room. During the exam, the dentist's movements will be slow and gentle and he or she should speak in a low, calm voice. A good children's dentist will be able to handle all types of youngsters in a friendly, patient and understanding way.

It's very important that a parent or legal guardian accompany a child for his or her first dental visit. This person will be asked to fill out medical and health information forms about the child. He or she should also be prepared to discuss all health issues, especially if the child has a medical condition or problem.

Fluoride and its role in prevention

Fluoride Works for People of All Ages...

Fluoride prevents cavities by making your tooth enamel stronger. Fluoride can even keep weak spots in your tooth enamel from turning into cavities.

- The Cavity-Fighters
- Fluoride
- Sealants
- Snacks and Drinks with NO Sugar

- Daily Brushing

Fluoride can be found in:

Drinking Water



Does your water have the right amount of fluoride in it to stop cavities???

Fluoride in drinking water is one of the least expensive and easiest ways to help stop cavities. Ask your dentist if your water has fluoride in it. One more thing... to be most effective, you should DRINK fluoridated water daily. Give your children water to drink instead of sweet drinks. If your water doesn't have fluoride in it, your dentist or doctor may prescribe fluoride tablets or drops for your children.

Toothpaste



Do you use a toothpaste with fluoride in it???

Fluoride toothpaste helps stop cavities in both children and adults. Children under the age of six should use a "pea-sized" dab of fluoride toothpaste.

Fluoride Mouthrinse



Do you use a mouthrinse with fluoride in it???

Fluoride mouthrinse is another way to help stop cavities. There are many brands that you can buy at the grocery and drug store. Just follow the directions on the bottle. Some children get fluoride mouthrinses in school. This is great!

The ingestion of fluoride results in its incorporation into the dentin and enamel of un-erupted teeth; this makes the teeth more resistant to acid attack after eruption into the mouth. In addition ingested fluoride is also secreted into saliva and protects the enamel from early decay. For more reading on fluorides and its role in adults, please visit our website at www.hemapateldds.com and check into the articles and reading section.

Toddler years

If the dentist has diagnosed cavities in your child's mouth, it's very important to have them filled as soon as possible. Baby teeth are really small and it doesn't take long for the cavity to pass through the enamel and reach the nerve. Remember, infected baby tooth can damage the adult tooth underneath permanently. You'll have to brush your child's teeth for them because they have not developed the motor skills required to brush efficiently yet.

Mixed dentition

Through the ages of 6-13 , kids have some primary and some permanent teeth in their mouth and it's very important to understand how to take care of your child's permanent teeth at this stage.

Caring For Permanent Teeth

Until your child is between 6 and 8 years old, you should continue to help him or her brush at least twice a day — once in the morning and once before bed. It's very important to keep your child's teeth free of food particles, especially the molars. These teeth have lots of little grooves and crevices where food particles can hide.

The easiest way to help your child brush is to cradle his or her head in your one arm, while keeping your other hand free for brushing. Once children have the coordination and dexterity, they can brush on their own. However, be sure to inspect after each brushing and go over spots he or she may have missed.

A few other tips:

Use a soft nylon toothbrush with just a small, pea-size dab of fluoride toothpaste. Teach your child how to spit out the foamy saliva so he or she doesn't swallow it.

As soon as any two of your child's teeth touch each other, floss the teeth. After age 9, children have enough dexterity to begin to floss their own teeth. Flossing removes food from between the teeth where a toothbrush can't reach and helps prevent cavities.

Talk to your child's dentist or pediatrician to be sure he or she is getting the right amount of fluoride.

Diet And Your Child's Teeth

What your child eats is important for healthy teeth, but it's just as important to be careful about when and how often they eat. A balanced diet is important for long-term dental health — teeth that grow properly and healthy gums. When and how often your child eats can have more immediate effects.

Cavities can develop when carbohydrate foods are allowed to stay in the mouth or on the teeth for a long time. Bacteria that live in the mouth feast on these food particles and create an acid that eats away at tooth enamel. Time between meals allows saliva to wash away the acid. Frequent snacking keeps the mouth acidic and decay-prone.

When most people think of sugar, they think of sucrose, which is found in candy and baked goods. But all foods containing carbohydrates ultimately break down into simple sugars. Research shows that bacteria do not discriminate. They like pretzels and potato chips just as much as lollipops.

Here are a few tips for snacking and mealtime:

- Give your child healthy snack foods, like fresh fruits, vegetables and cheeses
- Buy foods that are sugar-free or unsweetened.
- Serve sugary or starchy foods as part of a meal rather than as a snack. Most children drink fluids during a meal that will wash many food particles off the teeth. Saliva also does a good job of clearing the teeth.
- Try to avoid sticky foods unless your child plans to brush right after he or she eats them. These foods get between teeth and are hard to remove from the

grooves in the tooth surface. Some of these foods, which are more likely to lead to cavities, may surprise you:

- Creme-filled sandwich cookies
 - Dried figs
 - Granola bars
 - Jelly beans
 - Oatmeal cookies
 - Peanut butter cookies
 - Plain doughnuts
 - Potato chips and pretzels
 - Puffed oat cereal Raisins
- Offer fewer snacks. If your child is eating frequently, the level of acid in the mouth remains high for longer periods of time.
 - After your child snacks, make sure his or her teeth are brushed. If this isn't possible, then have him or her rinse with water several times.
 - Encourage your child to choose xylitol-sweetened or sugar-free gum.
 - Never put your child to bed with a bottle filled with milk, formula, juice or soda.

Dental Sealants

What Is It?

A sealant is a clear or tinted plastic protective coating that is painted onto the chewing surfaces of the back teeth (molars), the area where most cavities form.

Molars have many grooves and crevices (which dentists call pits and fissures). Food can get stuck in these crevices, and some crevices can be so deep that the bristles of a toothbrush can't reach into them. Pits and fissures provide the perfect environment for bacteria to grow and cause cavities to form. Sealants help to prevent this from happening. They cover the grooves and crevices so that food cannot get into them.

What It's Used For

Sealants most commonly are applied to children's teeth to help prevent cavities. Not only are sealants very effective, they cost a lot less than filling cavities.

Most dentists recommend that sealants be applied to each permanent molar as soon as possible. This can be when the tooth is only partially erupted. It depends on how accessible the tooth is and whether the dentist will be able to keep it dry during the application process.

If your child is at high risk for cavities, your dentist may decide to seal your child's premolars, or bicuspids, as well. The premolars are the teeth directly in front of the molars.

Dentists normally don't suggest sealants for primary (baby) teeth. However, they can be beneficial for children who have a lot of cavities, or are at high risk of cavities.

Sealants sometimes are used in adults who are at increased risk for developing cavities. Your dentist can recommend whether this procedure is appropriate for you.

Preparation

Applying sealants is a quick, painless procedure that can be done during a routine dental visit. No injections are needed. However, it is very important that the child sit still during the treatment so the tooth or teeth being worked on will stay dry. Keeping the tooth dry helps the sealants to adhere better.

How It's Done

The dentist cleans the area to remove any food or debris in and around the teeth, then makes sure the teeth are completely dry so that the sealant can stick. The sealant is applied in liquid form and flows over and into the pits and fissures. The sealant usually hardens (sets) within 20 to 60 seconds, or it is set with a special light.

Studies show that sealants can last a long time, often as long as 15 years. But they are plastic and don't last forever.

Your child's dentist will check the sealants during your child's routine checkups. If necessary, the sealants can be replaced.

Remember, sealants work well, but they can't keep your child cavity-free without some help. Good oral care at home is still very important. It's also important for adults who have received sealants to continue to practice good oral hygiene by brushing twice a day, flossing at least once a day, and visiting a dentist regularly.



Dental sealants can help provide additional protection against cavities on the chewing surfaces of teeth. The plastic coating is painted on the grooved chewing surfaces of the back teeth.

Help your child to:

Brush twice a day with a pea-size amount of fluoride toothpaste, and floss where teeth touch.

Get the right amount of fluoride, either by drinking fluoridated water or taking fluoride liquid or pills.

See a dentist regularly.

For Better Results, Brush and Floss Properly



How to brush:

1. For thorough but gentle cleaning, use a soft toothbrush.



2. Hold your brush at a 45° angle. Begin by brushing the outside of the front teeth. Use gentle, half-tooth wide, back and forth strokes.



3. Next, brush the outside back teeth, starting along the gumline.



4. Inside back teeth. Use short, angled brush strokes.



5. Inside front teeth. Tilt the brush vertically, use an up-and-down motion.



6. Chewing surfaces. Hold the brush flat. Use a gentle motion.



How to floss:

1. Wind 18" of floss around your two middle fingers.



2. Gently guide the floss between teeth.



3. To remove plaque and debris, gently move the floss up and down against the tooth.*



4. As you move from tooth to tooth, use a fresh section of floss each time.

* Or use another interdental cleaning device.

Be sure to follow the special home care instructions provided by your dental professional.

Please call 510-796-1656 to receive your copy of a complete report or to schedule a free consultation for you child.