

Drs. David and Janna Civils

General and Cosmetic Dentistry

"Working together to build happy and healthy smiles"

You have the opportunity to give your child a beautiful healthy smile - Please establish good dental habits early, work together with your child and dentist, and remember:

"If you support and trust your dentist then your child will too."

- **The First dental visit should be at seven months old or when the first tooth erupts.**
 - This dental visit will be positive and with a lot of exploration
 - Discussion with parents about dental care and teething
 - Habits begin early – good and bad ones are reviewed with parents

- **Cavities are black holes in teeth caused by bacteria.**
 - Brushing removes the bacterial build-up called plaque
 - The bacteria eat sugar, excrete acid, and the acid breaks down the tooth
 - The amount and time teeth are exposed to sugar are key factors
 - A clean tooth does not decay

- **Brushing should be a daily activity and can actually be fun.**
 - Positively reinforce any access to the child's mouth
 - Start early and make it a ritual associated with bath time
 - Give your child a "choice" - Disney spin brush or Pooh children's brush

- **The first baby/primary teeth are on the bottom and come in around 6 months with all baby teeth in by about 2 1/2 years of age. There are twenty primary teeth.**
 - Baby Motrin or Tylenol can help with discomfort
 - Cold is good for temporary relief – frozen waffle
 - Avoid applying Aspirin or pain killer directly to the gums- will burn
 - Oral Gel can help with discomfort (designed to be applied to the gums)
 - Be patient - it will improve when the teeth do come in the mouth

- **The first adult teeth come in at age 6 and are located on the bottom back of the mouth.**
 - Sealants prevent decay in the natural grooves of these teeth

- **DO NOT put your baby to bed with a bottle/have all-night breast feeding access**
 - A baby going to bed with a bottle should have the contents replaced with water, little by little, over 1-2 week time while BRUSHING often
 - The result can be a dental disease called baby bottle caries which is black decay that requires multiple extractions (upper front) at a young age

- **Prevention is the Key to children's dental health**
 - Early and regular dental visits
 - Decrease Sugar Exposure – limit amount of fruit juice
 - Brush
 - Fluoride and Sealants