

DENTAL DEPOT

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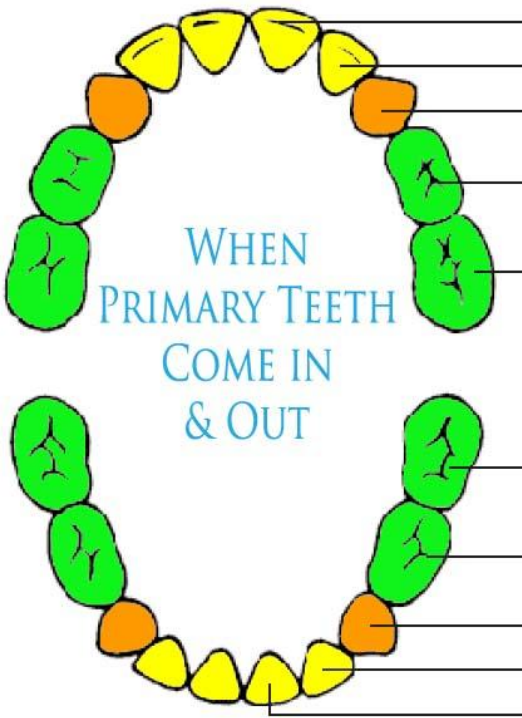
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Dental Care for Children

PRIMARY TEETH



WHEN
PRIMARY TEETH
COME IN
& OUT

Upper Teeth	Erupt	Shed
Central incisor	8-12 mos.	6-7 yrs.
Lateral incisor	9-13 mos.	7-8 yrs.
Canine (cuspid)	16-22 mos.	10-12 yrs.
First molar	13-19 mos.	9-11 yrs.
Second molar	25-33 mos.	10-12 yrs.

Lower Teeth	Erupt	Shed
Second molar	23-31 mos.	10-12 yrs.
First molar	14-18 mos.	9-11 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.

Importance of Recall Exams

Cavities progress quicker in primary teeth because the outside part of the teeth (enamel) is thinner compared to permanent teeth.

Importance of Baby Teeth

- Make it possible to chew food and get proper nutrients for growth and development
- Maintain space for permanent teeth and allow them to erupt in their correct space

Brushing and Flossing (Need to monitor/help)

- Cannot properly brush independently until he/she can write their name legibly
- Cannot properly floss independently until she/he can tie their own shoes

Brush 2 minutes 2x per day/Floss at least 1x per day (especially before bed)

Tips for Diet

- Brita Filtered Tap > Bottled water
- Herbal Tea > Juice, pop, energy drinks
- Avoid carbonated beverages and fruit drinks
- White milk > Chocolate milk
- Snacks should always have some cheese
- Avoid sipping (more than 15 minutes) on liquids except for water
- Limit sugary foods and drinks to mealtimes
- Sweets right after meals
- Avoid chewable Vitamin C- can cause erosion due to acidity

Water Sources

Regulated fluoridated water is the best tool for developing stronger permanent and primary teeth.

Well water needs to be tested, city water is already fluoridated.

Fluoride supplements are available if recommended.

How much toothpaste?

From 3-6 years old - Use "Pea size" amount

Fluoride- More is not always better. Too much can cause fluorosis.

Sealants

-Help to protect the deep grooves of permanent molars and provides a barrier to bacteria, food and plaque, ultimately preventing cavities. Critical years of protection are childhood and adolescence, when proper oral hygiene is being learned and developed.

Extra Tools

-Children >6 years old: Moderate risk or above → Can add OTC 0.05% NaF rinse
Example: ACT Fluoride Rinse

- Children >8 yo: For High risk or above → can add Chlorhexidine (0.12%) rinse

-Dr. John's Candies → Made with Xylitol, which inhibits growth of bacteria