

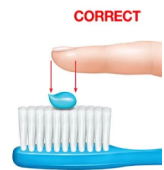
Toddler Tooth Tips

Benefit of having a Dental Home for your child

- Education for prevention of dental diseases
- Patient of record for ease of obtaining emergency care

Toothbrushing and Flossing

- Begin cleaning the teeth as soon as they erupt
- At the age of 1, fluoridated toothpaste may be used but keep the amount to the size of a grain of rice to prevent child from ingesting too much toothpaste.
- Once the child can spit, you can use a pea size amount of paste. Children who ingest too much fluoridated paste have the risk of getting fluorosis = white and brown specks on the adult teeth.
- Begin flossing as soon as any 2 teeth touch, especially after eating fibrous foods like chicken or apples.
- Parent should help with toothbrushing and flossing until they can tie their shoes.



Diet Suggestions

- Avoid juice and soda (contains a lot of sugar and acid)
- AAP Guideline - no more than 4 ounces of sweet liquid per day for toddlers
- Avoid frequent sipping on sweet liquids.
- Avoid sticky or dried fruit or fruit snacks (roll-ups or gummies)
- Avoid eating or drinking during the night (due to decreased saliva at night)
- Avoid sour candies - acid burns holes in teeth

Fluoridated Water

- Fluoride remineralized and protects the tooth from acid destruction
- Make sure to check your home water supply for its fluoride content
- Drink fluoridated bottled water if your water supply is NOT fluoridated.
- Note: BRITA water filters and filters attached to your faucet do NOT remove fluoride from the water.
- Reverse osmosis filters (located under your sink) do remove fluoride.



Habits- Pacifiers, Thumbs, Fingers

- American Academy of Pediatrics recommends pacifier use in the first year of life to prevent Sudden Infant Death (SIDS)
- Goal is to encourage the cessation of digit sucking habits by age 5 before permanent teeth begin to erupt to avoid crossbites or protrusive incisors
- Use positive reinforcement to help stop the habit.

ECC= Early Childhood Caries (CDC term for tooth decay)

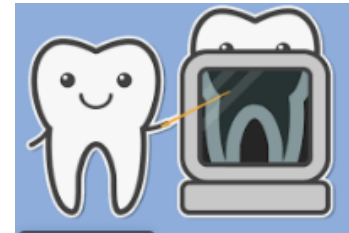
Direct causes of DEMINERALIZATION (Cavities)

- FREQUENT juice and/or snacks and sweet liquids (juice, soda) in a sippy cup or bottle
- Sticky foods (raisins, gummies - even gummy vitamins)
- Liquid medicine - contains 50% sugar
- GE reflux - stomach acid on the teeth



Factors that contribute to DEMINERALIZATION (Cavities)

- Parent with cavity history
- Tight or crowded teeth
- Tooth defects
- Medical conditions - congenital heart disease, asthma
- Inconsistent oral hygiene
- Tight lips - contributes to food holding and making toothbrushing difficult
- Tongue-tied -inability to use tongue to naturally clean teeth
- Food holder or slow swallower
- Xerostomia (Dry mouth)



Dental Radiographs - first x-rays are needed

- After the dentist can no longer see between the back baby molars
- After a cavity develops or a dental injury occurs

Mouth Trauma

- Child proof your home - remove sharp corners (coffee tables)
- Frenum tear - (Skin under upper lip) -bleeds a lot! Keep head above heart and put washcloth over tear to stop bleeding. Rarely needs stitches.
- Concussion injury (Bumped tooth) Tooth may turn yellow or dark gray. Watch for abscess formation if the tooth is dark.
- Luxation (Tooth pushed forward or backward) Gently reposition tooth & call the office ASAP
- Intrusion (Tooth pushed into gum) - allow to re-erupt- call the office ASAP
- Avulsion (Tooth knocked out) - locate tooth and reimplant and call the office within 15 minutes of tooth being knocked out. Time is of the essence!



Dental Emergency (Toothache or Accident)

During office hours (7:30am -5pm) - call our office

After hours - call the office for the number of the dentist on call

Harrisburg Office
717-558-9830

Mechanicsburg Office
717-737-5834