



Middleboro
PEDIATRICS

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DENTAL CARE

Dental care today can be a pleasant experience. There is no need for your child to be frightened of the dentist. Establishing routine dental care at an early age can prevent potentially painful and expensive dental problems from occurring. With your help, your child will be able to grow up with a healthy understanding of his/her teeth. In order to help you in achieving this goal we have the following suggestions:

Tooth Brushing: As soon as your baby's first tooth erupts, you should begin brushing. Using toothpaste is optional. If you chose to use toothpaste, only use toothpaste **WITHOUT FLUORIDE**. Once your child is able to rinse and spit after his/her teeth are brushed, switch to a toothpaste with fluoride.

DO NOT PLACE YOUR BABY IN BED WITH A BOTTLE IN HIS/HER MOUTH.

Studies have shown that this may cause very extensive dental decay at a very early age. If you are nursing, do not allow the baby to sleep while on the breast as this may also lead to dental decay.

Fluoride has been shown to be both safe and effective in reducing the amount of dental cavities in children and adults. If your water is not fluoridated, ask us to provide you with supplemental drops or tables for your child to take each day. Fluoride supplementation begins at six months of age and continues through age sixteen.

Cavities: 50% of children who are under two years of age have been shown to have one or more cavities. It's a good idea to have a dentist check your child's teeth about 12 months of age. Remember, primary teeth are very important, and they should not be ignored.

Diet: The desire for sweets is acquired. Snacking will cause more tooth decay than a controlled sugar intake. Sweets should be reserved for meals and then the teeth should be brushed. Children whose sugars are limited during childhood do not have as many cavities. Use fresh fruits and vegetables for snacks.

Teething: Is a normal body process. It begins early and continues until 11 or 12 years of age. Among the problems that are common during teething are gum swelling, pain, and drooling. Germs, not teething, cause illness. High fevers should be evaluated for causes other than teething.