

PREVENTATIVE CARE

Your child has just completed their active phase of treatment under general anaesthesia, from here the goal is to focus on preventative care thus avoid the need for future invasive intervention. To achieve this goal parents/guardians should assist their children during regular oral hygiene routines. The following tips will ensure you maintain your child's dental health in the best possible way.

TOOTHBRUSHING

Mechanical plaque removal is the most important tool used in preventing tooth decay. Up until the age 9-10 your child will need assistance; toothbrushing x 2 daily using a soft manual/electric toothbrush for two minutes. It is essential to angle the toothbrush towards the gums when brushing.

FLOSSING

To prevent tooth decay from occurring in between the teeth, flossing is important. Assist in flossing your child's teeth at least once a day (night) using floss or a flossette. Ensure the floss stays as close to the tooth as possible and cleans beyond the gum margins. Bleeding when flossing is a good indicator of gingivitis, do not avoid but floss the area twice.

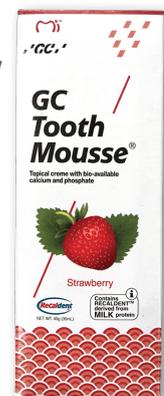


DIET

Sweet and acidic foods can cause dental decay. It is important to limit these foods and ensure your child does not graze throughout the day. It should become a habit for your child to drink water after every meal/snack and to limit sweet food/drinks to meal times ONLY.

TOOTH MOUSSE

At night-time due to lack of saliva flow our teeth are more susceptible to tooth decay. Tooth Mousse is a product containing potassium and calcium ions that your child may use before bed to prevent dental decay and restore any superficial mineral loss of the teeth. Speak to your dentist about which Tooth Mousse would be suitable for your child.



FLUORIDE

Our teeth love fluoride. When fluoride is exposed in the mouth, our teeth absorb the fluoride to become stronger and therefore more plaque/acid resistant. Children aged above six years can use adult toothpastes, but only a pea sized amount.

REGULAR CHECK UPS

After extensive dental treatment we recommend 3 monthly check-ups. Once everything is stable your child can come every 6 months. During this time we can re-assess for further preventive care, including fluoride treatment, fissure sealants and additional radiographs.

Kiddies Dental Care

SPECIALIST PAEDIATRIC DENTAL PRACTICE

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