

## *The importance of Diet*

What your child eats affects his/her teeth- a diet rich in carbohydrates, sugar and starches can potentially cause tooth decay.

Water should be made regularly available to your child from around the age of 6 months. Your child is less likely to get decay if their teeth are given a rest from food and drinks other than water between meal times.

## *Why is Fluoride recommended?*

Over time, we have become increasingly aware of the important role of fluoride in strengthening tooth enamel. Research has shown that there is substantially less dental decay in children's teeth in areas where the drinking water is fluoridated.

Fluoride can also be found in toothpaste and other oral health products. When brushing with a fluoride toothpaste, please do not rinse your child's mouth after brushing as you will wash away the fluoride and lose its protective effect. "Spit - don't rinse" is the mantra!

## *Maintaining oral health*

If your child plays contact sports, ensure they have a professionally made mouth guard to optimise protection against dental trauma.

Discourage sports drinks, which usually have a lot of sugar and are also acidic. This means they can cause dental decay as well as acid wear to the teeth, reducing them in size and strength.

*A beautiful smile is something to be treasured.*



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*Children at eleven*

**We understand that all children are small adults, and all procedures need to be explained simply and in their language. With this in mind, their journey from the waiting room through to the surgery is soft and caring**

### *Who is a Paediatric Dentist?*

A Paediatric dentist is a fully qualified dentist who has undertaken further training to become a specialist trained in providing high quality dental care for children.

### *Your consultation at eleven*

First appointments at eleven start both children and adults on a lifelong journey to great oral health. Here's what to expect the first time you or your child comes to see us.

Your first visit will last from 45-60mins and will be more in depth compared with a regular visit.

#### **The paediatric dentist will:**

- Ask for a through medical and dental history
- Evaluate the current oral hygiene regime
- Evaluate your child's current diet
- Discuss any habits such as grinding, digit or dummy sucking habits
- Carry out a through examination of the facial profile, soft tissues, teeth and gums
- Take any x-rays if necessary
- Recommend the ideal oral hygiene regime for your child
- Give you diet advice
- Carry out a brief orthodontic evaluation should your child be in the age bracket for early intervention or comprehensive treatment

- We will discuss the need for any prevention of injury to the teeth and the need for any sport mouth guards
- Finally you shall receive a comprehensive report outlining any treatments recommended.
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### *When to start cleaning children's teeth?*

As soon as your child's teeth start to come through, introduce them to the idea of cleaning. Use a small soft toothbrush to clean the teeth so your child gets used to it.

Brush regularly as part of your child's morning and night-time routine, A manual toothbrush used correctly is as effective as an electric brush.

The last thing to touch a child's teeth before they go to bed should be fluoride toothpaste.

### *When should children start visiting the dentist?*

As soon as your child gets their first teeth and certainly by their first birthday, take them to the dentist so they become familiar with the experience.

The common recommendation for regular check ups is every 6 months due to a child's changing diet, habits and growth. However, your dentist may tailor your child's visits according to their individual needs and risks.

### *Do children need x-rays?*

There are many factors which determine if your child needs a dental x-ray as they get older such as if the teeth are close together, if there is evidence of dental decay, or there has been a significant delay in eruption of teeth into the mouth and if there are already fillings in the mouth which puts the child in a high-risk category.

### *Treatment provided at eleven are:*

Hygiene tailored towards children  
Fissure sealants  
Restoration in baby and permanent teeth  
Root canal treatment  
Stainless steel crowns and  
Extraction of teeth

### *Should children see the hygienist?*

Children can also benefit from having their teeth cleaned and polished as well as having fluoride applications to help prevent decay

If your child is undergoing orthodontic treatment involving fixed appliances, this makes maintaining good oral hygiene that little bit more difficult. We recommend routine appointments EVERY 3-4 months with our dental hygienists.

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