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Keep Children Smiling

As we approach 21st century, society is experiencing many scientific and technological breakthroughs, leading to higher life expectancy and better oral health care. Intra-oral camera, magnification and better lighting system, air-abrasion system, new generation of bonding materials, fluoride, laser dentistry have dramatically improved oral health of our children.

Baby Bottle Tooth Decay: It develops by frequently giving a bottle of milk, juice, formula or any sweetened liquid to comfort the baby. If sugary liquid is allowed to remain in the mouth, bacteria use this sugar to produce acid, which attacks teeth and gives cavity. You can prevent this by watching what you feed your baby between regular feedings, wipe teeth with damp washcloth after the feeding. Even though the child's primary teeth will eventually be replaced with the permanent, primary teeth are very important for proper chewing, speaking, appearance and proper eruption of permanent teeth.

Seal out tooth decay: Most tooth decay occurs on the chewing surfaces of the back molars because they have irregular surface with pits and grooves, which tend to trap food and bacteria. Sealant is a thin plastic coating, which flows into these pits and grooves and coats them so those bacteria can not cause decay. The teeth most likely to benefit from sealant are the molars just after they erupt at about 6 and 12 years of age. Children between 5 to 15 can benefit the most. Most importantly, there are no shots or drilling involved- just painting, just fun! You can avoid more costly procedure of filling later

Play Safe- Wear a mouth Guard: Over 5 million teeth will be knocked out at sporting events this year alone. Don't let it happen to you or your loved ones. Everyone from the littlest child playing soccer to professional athletes can play hard but play safe with a custom fitted mouthguard. They not only prevent tooth and jaw injuries, but also protect against brain concussions. A properly fitted mouthguard must be comfortable, tear resistant, odorless, tasteless, and not bulky. They should also cause minimum interference to speaking or breathing. Dental injuries are the most common type of oral facial injury sustained during sports. An athlete is 60 times more likely to sustain damage to the teeth when not wearing a mouthguard. The cost of dental injuries is significantly higher than the cost of the mouthguard. The cost of replanting a tooth and follow up treatment is about \$5000.00. The chance of athlete having dental injuries in a lifetime of

activity is 33-56 %. Mouthguards are for all age group athletes and for all the contact sports.

Tips for parents: Good healthy nutritional well balanced diet with healthy snacks to keep teeth healthy. Brush baby's teeth as soon as first tooth comes in. Take child to a dentist at least by the age of 2 to 3 years when all (20) baby teeth are erupted. Put only water in the naptime or bedtime bottle. Start flossing teeth as soon as two teeth begin to touch. Make sure your child gets fluoride needed to reduce decay. Talk to your dentist about sealant. Get mouthguard made by your dentist if your child is involved with contact sport.

Good oral health starts in infancy and continues throughout our life. In your child's early years, you must provide good dental care and as the child grows you need to instruct, monitor and motivate your child to help maintain good oral habits. Let us help our children grow without cavities!

If you have any questions, please feel free to contact Dr. Shah at 264-8180 or web site: [HTTP://www.dentistnj.com](http://www.dentistnj.com)