

National Children's Dental Health Month

A MESSAGE FROM THOMAS J. ROLFES DDS, CHRISTINA T. DO DDS, MICHELE F. MCGILL DDS

February is National Children's Dental Health Month and a chance for you to help your kids brush up on good oral hygiene.

Going to a Laser Dentist is a Blast

ToothTales™ is an animated series dedicated to teaching kids and parents about the amazing benefits of laser technology – Waterlase!

Join Dr. Christina, the coolest dentist in town, as she teaches her two favorite patients—Freddy and Bobby—all about the advantages of laser dentistry. From increased comfort to safer and healthier treatments, learn how the Waterlase is transforming the dental experience for the whole family.

For information on how to receive a **FREE** copy of ToothTales, Vol.3 DVD, refer to the back of this newsletter or log onto www.ToothTales.com.



Let's start from the beginning—before your baby is born. When you are pregnant, it is important to watch what you eat as well as scheduling regular dental check ups every 3 months. Interval dental cleanings will help you and your growing baby stay healthy.

The American Academy of Pediatric Dentistry recommends that the first visit to the dentist should be six months after their first tooth erupts or before they are 12 months old. At this visit you will learn how to clean your child's teeth and the dentist will perform a thorough exam of your child's teeth and gums. A lot of problems can be prevented with an early childhood exam.

Your child's first teeth will begin coming in between 4 and 6 months. You can start brushing them with a half pea-size of toothpaste. Clean your baby's teeth and gums with a clean, soft cloth and a baby's toothbrush. Clean the teeth at least once a day, especially before bedtime.

Your child will continue to get new teeth until they have all of their 20 primary teeth. At about age 2, most of your child's teeth will have erupted. Children begin shedding their first teeth when they are around 6 or 7 years old. If your child develops cavities, you should take them to the dentist for an evaluation and possible fillings.

Do not be under the misconception that children do not need to have cavities filled because their baby teeth will fall out. Primary teeth are important for chewing, speaking and appearance. They hold the space in the jaw for the permanent teeth. The fact is that children keep many of their baby teeth for a long time, and cavities can be painful and lead to infections of their primary and adult teeth. The health of the primary teeth sets the precedence for the permanent teeth.

Let's work together to keep your children smiling and cavity free. Thank you for allowing us to take care of your children and your family!

*** Brush at least twice a day to remove plaque.**

If plaque is not removed, it can lead to cavities. Brush your child's teeth until they are about 7-years old.

*** Floss daily.** Flossing helps remove food debris from in between the teeth that a toothbrush cannot reach.

*** Eat healthy and nutritious foods and limit the intake of soda and juices.**

*** Visit your dentist for regular check-ups, x-rays and cleanings.**

*** Fluoride treatments twice a year are very beneficial in preventing tooth decay.**

*** Every child should receive an orthodontic evaluation by age 7.** This may prevent or

reduce the severity of malocclusion of the permanent teeth.

*** Sealants can be applied to the chewing surfaces that have uneven pits and fissures to help prevent tooth decay.**



Dr. Christina Do's

Tips to a Healthy Smile!

- Fluoride Varnish will retard, arrest, and reverse the process of cavity formation. Consider varnish if your child has had cavities in the past, has white spots and stained fissures, chronically eats or drinks food high in sugar, or has family members with a history of cavities.
- Let's prevent baby bottle tooth decay. Do not put your baby to bed with a bottle at night or at nap time. Sucking on a bottle filled with liquids that have sugar in them can cause tooth decay.
- Decayed teeth can cause pain. We have the Waterlase dental laser to perform pain free, shot free fillings
- Young children cannot clean their teeth by themselves. Until they are 7 or 8 years old, you will need to help them brush.
- Healthy teeth should be all one color. If you see spots or stains on the teeth, take your baby to your dentist.
- Spiffies with xylitol are great to fight tooth decay and removes plaque from baby teeth. Spiffies are used for infants ages 4-12 months of age. They are easy to use, disposable, and babies like the taste. It's been found that when the child starts with spiffies, they accept toothbrushing better.
- Children love the dental laser because they can get their decay removed quickly and can leave the office without a numb lip and tongue.

National Children's Dental Health Month Health Tips & Points of Interest

- Children love to participate in sporting activities. These contact activities can place your child at risk for dental injuries. A sporting guard to mouthguard will help protect the teeth and gums for your child.
- California Law requires children entering kindergarten to have a dental checkup.

- Xylitol gum helps to prevent dental caries and eliminate the decay causing bacteria. It increases salivary secretion, thus neutralizing plaque pH.
- Pregnant moms should get a cleaning every 3 months to prevent vertically transmitted diseases to their infants.
- Tooth decay is the single most prevalent disease of childhood.

- Untreated tooth decay can cause pain and infection which can lead to problems with nutrition, growth, school readiness, and speech problems.
- Orange County water contains fluoride. Additional supplements may not be necessary. Check with your dentist.
- Cavity fillings can be treated pain free and shot free with the Waterlase dental laser!

National Children's Dental Health Month Special Offers & Giveaways

We're on Facebook! Add Smiles4OC fan page as your friend, then give us a shout out on your own page, and you'll receive a **free spin brush** when you visit our office! *No appointment necessary.*

Smiles4OC is coming to a school near you! Call 714-557-0700 if you would like Smiles4OC to give a presentation at your preschool or elementary school.

Free Goodies! Visit our office in the month of February and children will receive a **FREE dental goodie bag**. *No appointment necessary!*

Refer a Friend! Receive a **FREE copy of ToothTales™ Vol.3 DVD** with each additional patient you refer to our office!

We look forward to seeing you!