

## FIRST DENTAL CHECK UP

---

By the **1st birthday**



To prevent from tooth decay or other mouth diseases.

To discuss



Get to know proper oral hygiene and the dentist



To continue regular visits throughout life.

The best plan is to prevent problems from happening rather than to fix problems once they do.

## BABY DENTAL CARE

---

**First tooth:** Around the age of 6 months.

A clean teething ring (cooled preferably) or a cold wet washcloth to sooth teething discomfort.

**Why should the baby visit so early the paediatric dentist?**



Childhood caries is one of the most common childhood diseases.



Don't be late to start a preventive program.



A healthy smile is a great asset.



## USEFUL TIPS

---



### Nursing-Bottle milk



Nursing during the night can cause cavities. The same can happen also by using the bottle.

Do not let the baby fall asleep while using the bottle or nursing.

### Thumb sucking



If the habit continues beyond the age of 3 a professional evaluation is recommended.

### Grinding-Bruxism

The grinding habit rarely requires treatment.



## ORAL HYGIENE HABITS

### Up to 6 years old:

- Toothpaste: 1000 ppm Fluoride.
- Quantity of toothpaste: Pea size
- ToothBrush: Soft toothbrush & small size appropriate to your child's age.
- Brushing should be carried out by parents twice daily (Brushing at night is of outmost importance)
- If they are not spaced children's teeth should be flossed by their parents, until they can do it on their own



## ORAL HYGIENE HABITS

### Older than 6 years old

- Toothpaste: 1450 ppm Fluoride.
- Quantity of toothpaste: 1-2cm
- Toothbrush: soft, the size according to the age of the child
- Brushing twice daily supervised by parents until the age of 7-8 (depends on each child's ability)
- If they are not spaced children's teeth should be flossed by their parents, until they can do it on their own

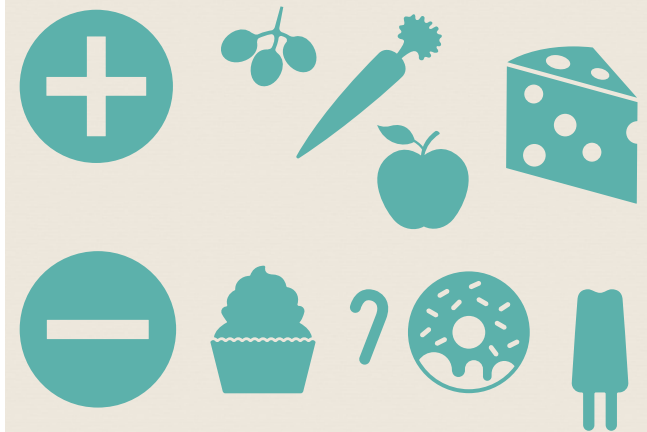
### Teenagers

- Avoid energy drinks on regular basis
- Encourage quitting e-cigarettes, smoking



## NUTRITION

1. Balanced diet rich in fruits and vegetables.
2. Avoid sugary drinks especially between meals-it is better to use a straw.
3. Avoid sugary snacks between meals-better consume after meal.
4. Avoid sweets with a sticky texture (candies, lollipops, etc.)



## FLUORIDE

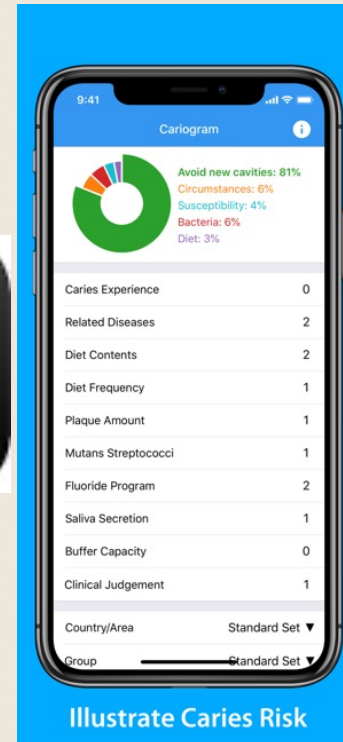
- At home: Fluoride toothpaste should be used daily.
- At Dental Office: the dentist applies topical fluoride varnishes and gels.
- During your dental appointment the dental team will evaluate the frequency of your child's dental visit and need for supplemental use of fluoride other than toothpaste.

## SEALANTS

- A dental sealant is a protective coating that is placed onto the chewing surfaces of the back teeth.
- It acts as a barrier to prevent cavities.
- It lasts for years and should be examined in every recall.
- The paediatric dentist according to each patient's caries risk and the morphology of the tooth (depth of pits and fissures) will evaluate the need for their placement.



## CARIES RISK ASSESSMENT



**Cariogram** is a tool that according to several factors, can give an individual interpretation of caries risk.

Caries risk is divided into:

- Low risk
- Medium risk
- High risk



## WHY TO CHOOSE A PAEDIATRIC DENTIST



- Extra training and experience



- Recent knowledge and techniques ideal for your child



- Special behaviour guidance techniques that match your child's profile



- Trusting relationship



- Focus on prevention



- Cooperation with other health care experts to manage your child's overall health



- Able to create a dental home for your child



© EAPD in collaboration with the Department of Paediatric Dentistry, National and Kapodistrian University of Athens, Greece