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Up-to-date techniques and caring service with a practical approach

## Pediatric Dentistry

Children experience many firsts: first tooth, first words, first step, first birthday and first haircut. And parents want to be prepared for every step of their child's new life experiences, including dental visits. Only parents willing to model positive attitudes should accompany their child on a dental visit, according to the Academy of General Dentistry. Most children are not only comfortable, but also curious during a first dental exam and cavity-filling procedures. However, a child may become problematic when the accompanying parent laces soothing messages with hints of fear or anxiety and relays incorrect assumptions about procedures.

The ideal time is six months after your child's first (primary) teeth erupt. Before the visit, ask us about the procedures of the first appointment so there are no surprises. Plan a course of action for either reaction your child may exhibit-cooperative or non-cooperative. Very young children may be fussy and not sit still. Talk to your child about what to expect, and build excitement as well as understanding about the upcoming visit.

Child appointments should be scheduled earlier in the day, when your child is alert and fresh. For children under 24-36 months, the parent may need to sit in the dental chair and hold the child during the examination. Also, parents may be asked to wait in the reception area so a relationship can be built between your child and the dentist. If the child is frightened, uncomfortable or non-cooperative, a rescheduling may be necessary. Patience and calm on the part of the parent and reassuring communication with your child are very important in these instances. Short, successive visits are meant to build the child's trust in Dr.Samy and the dental office, and can prove invaluable if your child needs to be treated later for any dental problem.

If the child is compliant, the first session often lasts between 15-30 minutes and may include the following, depending on age:

- A gentle but thorough examination of the teeth, jaw, bite, gums and oral tissues to monitor growth and development and observe any problem areas;
- If indicated, a gentle cleaning, which includes polishing teeth and removing any plaque, tartar build-up and stains;
- X-rays;
- A demonstration on proper home cleaning; and,
- Assessment of the need for fluoride.

Children, like adults, should see the dentist every six months. Dr.Samy may schedule interim visits for every 3 months when the child is very young to build up a comfort and confidence level, or to treat a developing problem.

Parents typically provide oral hygiene care until the child is old enough to take personal responsibility for the daily dental health routine of brushing and flossing. A proper regimen of preventive home care is important from the day your child is born.

It is very important to maintain the baby teeth because these teeth hold space for the future eruption of the permanent teeth. Infected baby teeth can cause the permanent teeth to develop improperly resulting in stains, pits and weaker teeth.

## Dr. Samy's Perspectives

- Many first visits are nothing more than introductory icebreakers to acquaint your child with the dentist and the practice.
- If a baby tooth decays or is removed too early, the space necessary for the permanent teeth is lost and can only be regained through orthodontic treatment.
- Coordinating Hygiene recall visits with orthodontic adjustments has proved to be a very valuable routine for most people going thru braces, we've seen a great amount of improvement with minimizing decay and decalcified areas.

### About Us

- The Fall season can become a very busy time for our office. We would like to take this early opportunity to wish you and your family an early Happy Holiday season.
- We would like to welcome Terri Hoellrich, RDH to our practice. Terri will be helping us as an additional hygienist in the practice, this will allow us to provide more efficient and flexible hygiene appointments for you.

# What Is “Orthodontics,” And Why Do People Get Braces?

Orthodontics is a special discipline of dentistry concerned with aligning the teeth and jaws to improve one's smile and oral health. "Ortho" means correct or straight, and "Odont" means tooth. Dr. Samy usually recommends braces to improve the patient's physical "orofacial" appearance. Through orthodontic treatment, problems like crooked or crowded teeth, overbites or underbites, incorrect jaw position and disorders of the jaw joints are corrected.

Patients with orthodontic problems can benefit from treatment at nearly any age. An ideal time for placement of braces is between 10 and 14 years of age, while the head and mouth are still growing and teeth are more accessible to straightening. However, because any adjustments in facial appearance can be traumatic to a child during these sensitive years, parents should discuss the matter with their children before braces are applied.

And braces aren't just for kids. More and more adults are also wearing braces to correct minor problems and to improve their smiles.

The more complicated your spacing or bite problem is, and the older you are, the longer the period of treatment, usually. Most patients can count on wearing full braces

between 18 and 30 months, followed by the wearing of a retainer for at least a few months to set and align tissues surrounding straightened teeth.

With braces, oral hygiene is more important than ever. Braces have tiny spaces where food particles and plaque get trapped. Brush carefully after every meal with fluoride toothpaste and a soft-bristled toothbrush. Rinse thoroughly and check your teeth in the mirror to make sure they're clean. Take time to floss between braces and under wires with the help of a floss threader. Have your teeth cleaned every six months to keep your gums and teeth healthy. Insufficient cleaning while wearing braces can cause enamel staining around brackets or bands.

## Recipe

### Norma's Strawberry Smoothie

3/4 cup buttermilk

1 cup fresh frozen whole strawberries

Sweetener to taste (brown sugar, honey,  
NutraSweet or Sweet-n-Low)

