

cottesloe for kids

Excellence in dental care



Our philosophy

- Prevention
- Early detection
- Minimal treatment
- Education



When should my child first visit the dentist?

Ideally, a child's first visit occurs at around age one, particularly if you want to introduce and familiarise a child with the concept of check-ups. A friendly dentist who is a familiar face can help ease apprehension.

By three years of age most children have their full set of baby teeth, and it is important to get them off to a good start.

How can I prepare my child for the first visit?

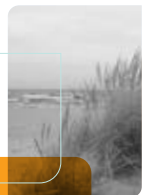
- Instead of providing too much information, simply tell your child that the dentist is going to count their teeth
- Be relaxed - a child often senses apprehension
- Avoid negative comments about pain or dental visits.

When can I expect baby's first tooth?

On average, a child's first baby teeth appear between six months and one year. By the age of three all 20 primary teeth have erupted. By then a child should be well acquainted with regular check-ups and should feel at ease with the family dentist.

Are deciduous teeth important?

These baby teeth are important for good chewing and nutrition, self-esteem, speech and jaw growth. They also maintain enough space for the permanent teeth that will follow. Deciduous teeth start falling out from about six years of age, up until about age 12.





How do I care for my child's teeth?

Routine

Introduce a good routine from an early age.

Baby care

Rub teeth with a damp cloth to remove bacteria twice per day.

Flossing

Most tooth decay occurs between deciduous teeth, as brushing does not adequately remove plaque from these areas. Start flossing a baby's teeth from about 18 months to two years of age, when the teeth touch each other. Flossing forks make this easier.

Brushing

Introduce a soft toothbrush to brush teeth as soon as these erupt. Use a tiny smear of low fluoride toothpaste.

Supervision

Children like to imitate adults, so the best way to get them to clean their teeth is to do it with them. Under the age of three, children need the help of an adult to brush teeth. To ensure adequate cleaning, encourage them to brush for a while and then take over. Children under the age of eight also need help with flossing.

How can I prevent decay in my child's teeth?

Diet

Excessive sugar intake produces acid by plaque bacteria, resulting in tooth decay. Children should not have sweetened dummies or sleep with bottles containing milk, fruit juice or other sweetened drinks. Prolonged contact with sugar will cause decay of multiple teeth, often necessitating complex treatment, usually under general anaesthetic.

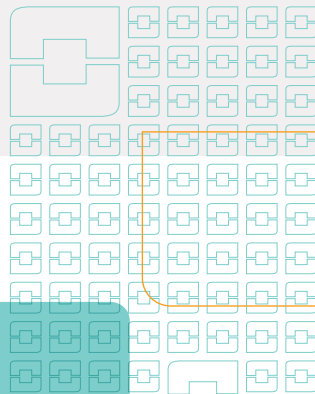
- Choose low carbohydrate snacks.
- Consume cheese with or after meals as this protects teeth
- Milk and water are the best drinks, however milk has a high sugar content and should be consumed in moderation
- Limit pure fruit juice or strong cordials - dilute with water
- Discourage lollies and sweet biscuits, particularly between meals
- Avoid dried fruit due to its stickiness - replace with fresh fruits
- Minimise consumption of sports drinks and soft drinks – these are highly acidic with high sugar content

Fluoride

The mouth is a highly corrosive environment. Newly erupted teeth have immature enamel which is more prone to decay. To help protect teeth until the enamel is fully matured, it is advisable to drink tap water or use a toothpaste containing fluoride. Your dentist may also recommend the professional surface application of fluoride for children up until 18 years of age.

Fissure sealants

Genetically, many teeth have microscopic pits and grooves on the surface. Because toothbrush bristles are too large, they often cannot remove plaque adequately nor prevent accumulation in these vulnerable areas. This is where the first cavities tend to form. To prevent decay in these areas, we recommend fissure sealants.



Why a professionally fitted mouth guard?

A well-fitting, customised mouth guard protects the teeth, soft tissue and the jaw from damage.

A recent study* showed that one third of all preschoolers and one fourth of all school children will suffer or sustain dental trauma, with a high percentage of injuries occurring during contact sports.

Orthodontics

Orthodontic problems often present at an early age, and with the correct assessment and treatment plan, it is possible to lessen the complexity of orthodontic treatments and reduce the need for teeth removal in later years.

Why Cottesloe Dental?

We provide a child-friendly environment where every patient has the undivided attention of an experienced dentist. We want our patients to have healthy gums, strong teeth, and a great attitude towards their own dental hygiene.



We invest in the best, modern technology for the benefit of our patients and this includes highly accurate, diagnostic laser equipment aiding in early detection of decay.

Early detection enables accurate, minimal treatment, and where possible we prefer to avoid needles. We only use white fillings in children's teeth. Happy gas is also available to reduce anxiety during dental procedures.

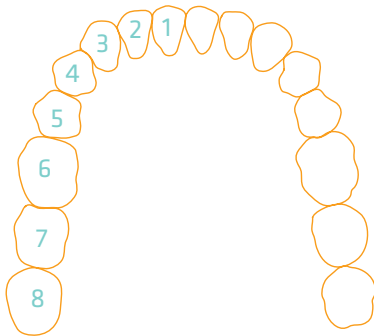
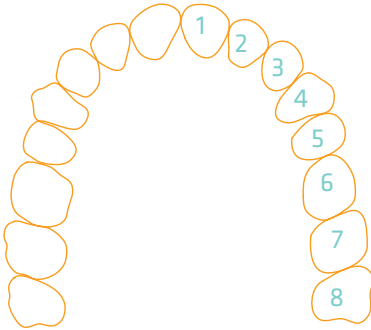
What role does a dental hygienist play?

A dental hygienist prevents decay and gum disease through scale and cleaning, fluoride treatments, fissure sealing and ongoing patient education.

**Source: Dental Traumatology 2008; 24: 603-611 Epidemiology of traumatic dental injuries – a 12 year review of the literature. Glendor U.*

Eruption dates:

Permanent teeth



Upper teeth

- | | |
|---------------------|----------|
| 1. Central Incisors | 7-8yrs |
| 2. Lateral Incisors | 8-9yrs |
| 3. Canines | 11-12yrs |
| 4. First Premolars | 10-11yrs |
| 5. Second Premolars | 10-12yrs |
| 6. First Molars | 6-7yrs |
| 7. Second Molars | 12-13yrs |
| 8. Third Molars | 17-22yrs |

Lower teeth

- | | |
|---------------------|----------|
| 1. Central Incisors | 6-7yrs |
| 2. Lateral incisors | 7-8yrs |
| 3. Canines | 9-10yrs |
| 4. First Premolars | 10-12yrs |
| 5. Second Premolars | 11-12yrs |
| 6. First Molars | 6-7yrs |
| 7. Second Molars | 11-13yrs |
| 8. Third Molars | 17-22yrs |



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