



Ash Parmar

Q&A WITH "THE EXTREME MAKEOVER" COSMETIC DENTIST ASH PARMAR

CHILDREN'S DENTISTRY ENSURE YOUR CHILDREN HAVE HEALTHY, STRAIGHT AND DECAY FREE TEETH

This month I thought I would give readers advice about dental health for children and how to AVOID problems. I have witnessed many times adult patients who have real phobias and issues going to the dentist as they had a bad experience when they were a child. It is therefore really important that your children have a very positive attitude towards dental care and you select a caring dentist to help if any treatment is actually needed.

When do baby teeth come out?

It is common for baby teeth to start coming out from the age of six up to the age of about twelve. There are normally twenty baby teeth present, and it is the front incisor teeth that first fall out. The age when teeth come out can vary from child to child; so don't be too alarmed if there is either a delay or you notice that the teeth are falling out a bit quicker compared to the other children in the class.

What causes dental decay in children's teeth?

The most important cause of decay or cavities in baby and permanent teeth is sugar. It is therefore important to NOT encourage your children to have sweets, chocolates and sweet drinks. Fizzy drinks are especially harmful. Please



restrict these things as an occasional treat only. The types of sweets are also important – chewy and sticky sweets are the worst for teeth! Regarding drinks, encourage water, milk and the occasional squash type of drink only.

Dummy sucking and thumb sucking

It is easy to "stick a dummy" in a baby or toddler's mouth. However, this is a recipe for future problems. I have seen many times that the permanent incisor teeth don't grow down correctly if a child sucks their thumb or fingers. This can lead to poor appearance as well as the inability to incise properly as there is a gap between the front teeth! So better not start the habit in the first place.

When do children need braces?

It is really important to take your child once a year to the dentist for a dental examination. As dentists, we look at the health of the teeth, how the gums are being cleaned, as well as the formation and development of the jaws and teeth. If there is a crossbite, then a simple removable brace can be worn to correct this problem earlier on (as early as about 8 or 9 years old). However, most orthodontists normally commence fixed braces to straighten crooked teeth once most, or all of the baby teeth have come out. The modern trend is to do fixed braces WITHOUT taking teeth out if possible. A dentist can refer for fixed braces at the right age e.g. 10 or 11 onwards.

What are fissure sealants?

Fissure sealants are a great idea to PREVENT decay. A fissure sealant is a plastic coating made from flow able white filling material. It is used to seal the fissures (or small crevices) on the biting surfaces of teeth. It is normally the first permanent molars that benefit from fissure sealants when they erupt in to the mouth at the age of about 6 years. The treatment is easy to do, and requires no drilling or injections. By sealing the fissures prevents bacteria going in to the fissures and thereby preventing decay (plaque bacteria use sugar to make acid which is the cause of decay).

Should my child see a hygienist?

Absolutely! A hygienist is fantastic at teaching children the correct way of brushing the teeth and gums, as well as giving preventive advice. A hygienist can use plaque disclosing solution to accurately show a child the harmful plaque deposits on the teeth, which can then be removed by correct brushing. I suggest if you are worried about your child's cleaning techniques, then you arrange a 30-minute hygienist appointment.

If you have any questions about children, then feel free to send me an email at

ash@smiledesignbyash.co.uk.

You can arrange a dental appointment at Smile Design By Ash by telephoning 020 85000544. There is also a lot of useful preventative information on the website www.smiledesignbyash.co.uk ■