



# PEDIATRIC DENTISTRY

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## NO-CAVITY PLAN

Dear Parent,

We have prepared this information to help you understand your child's preventive dental care program. If implemented, these are the aspects of home dental care that can help assure your child will have a lifetime of excellent dental health. If you have any questions please do not hesitate to ask a member of our pediatric dental team.

### HYGIENE

#### Flossing

- If there is no space between the teeth, flossing is VERY important.
- At least 2-3 times per week, best if more.
- Need to floss the teeth with no spaces between them, MOST IMPORTANTLY the molars.
- Flossing aids can make flossing easier for you and your child.

#### Brushing

- Parent must take active role.
- At least 2 times per day, especially at night.
- Timing-egg timer or song on tape recorder in bathroom (1-3 min).
- Brushing motion-back and forth motion with brush on angle toward the gumline.
- Make sure to spit out the toothpaste
- Disclosing tablets 1-2 times per month as a "pop quiz."

### DIET

#### Liquids

- Water is the safest and best thing for your child to be drinking.
- Try to limit juice, milk, tea, soda, etc. to specific meal times.
- Sugar free drinks can be an excellent alternative.
- If possible, have your child drink a little water after meal and snack times.
- A specific water bottle (his or her own) can be very successful.

#### Foods

- Foods containing carbohydrates and starches (chips, crackers, cereal) can promote tooth decay.
- The stickier the food, the longer it remains on teeth, the greater the chance of tooth decay.
- Sticky food like raisins and fruit chews remain on the teeth for a long time.
- Shop smart! Do not routinely stock your pantry with sugary or starchy foods.
- Provide a balanced diet, and try to save foods with sugar and starch for mealtimes only.

#### Sugarfree Gum

- Chewing of sugarfree gum between meals is encouraged. Look specifically for sugarfree gum with **xylitol** (a naturally occurring sugar substitute which helps prevent tooth decay). ie. Carefree Coolers or Trident.

#### Frequency

- Remember that it is the frequency that the food or drink comes in contact with the teeth that play an important role in causing tooth decay.
- Try to eliminate "grazing" behavior or frequent snacking or drinking (except water).

## FLUORIDE

Fluoride is very important for your child's primary and permanent dentition. It is important to understand that there are two types: systemic fluoride and topical fluoride.

### 1. Systemic

- This is fluoride that may be artificially or naturally present in your drinking water. If it is not, your child's diet should be supplemented with fluoride "vitamins" prescribed by us or by your pediatrician.
- The amount of fluoride dose is very specific to the age of your child and the amount of fluoride that is already in his/her diet.
- This type of fluoride is helpful in making your child's permanent teeth stronger and more resistant to decay.

### 2. Topical

- This is the fluoride that your child receives through fluoridated toothpaste, fluoride swish at school, fluoride treatments in the dental office, or home fluoride rinses.
- It is important that your child receives this fluoride to make teeth in his/her mouth stronger and more resistant to decay.
- This type of fluoride comes in contact with the teeth and can actually heal microscopic breaks in the enamel.
- We may recommend a specific at home fluoride treatment for your child based on age and risk of getting tooth decay.

## EXCELLENT WEBSITES!!!!

These websites are excellent for both parents and children. They contain a vast amount of valuable information, as well as, link to other great sites.

1. American Academy of Pediatric Dentistry

-address: [www.aapd.org](http://www.aapd.org)

2. Our Office Website

-address: [www.catchasmile.net](http://www.catchasmile.net)

# CATCH A SMILE!!!

## Dr. Skip, Dr. Stephanie and the Pediatric Dental Team

