



Paediatric dentistry is the area of intervention dedicated to dental problems in children and adolescents. It is very important for the:

- **diagnosis, treatment and prevention** all oral and dental problems
- **control of dental eruption** and performance of **preventive treatments**
- **preparation of parents and children with good brushing and nutrition habit**
- **correct evolution of speech and chewing faculties**
- **upkeep of healthy teeth.**

### When should you make your first appointment?

Children should go to the dentist **as soon as their first teeth appear** or, at most, until they reach 1 year of age.

It is recommended to visit a dentist **every 6 months**, a frequency which can be adjusted according to the child's needs.

### What are the symptoms of initial teeth eruption?

The most common symptoms are:

- **reddish gums**
- **increase in salivation**
- **loss of appetite and change in eating habits**
- **anxiety**
- **difficulty sleeping.**

The child's discomfort can be alleviated by cleaning their mouths 2 or 3 times a day with a wet gauze or using a teether or a gel.

### What are the most common causes for changes to tooth colour?

The main causes are:

- **cavities**
- **traumatic situations**
- **changes in the formation of enamel and dentin**
- **poor oral hygiene**
- **pigmentation of bacterial or food origin.**

Refer to a dentist for a correct diagnosis and possible intervention.

### When and how to brush children's teeth?

**When the first teeth appear, wash them twice a day, being mandatory at bedtime.**

It is important to teach children not to swallow toothpaste.

#### 0-3 YEARS OLD

Brushing should be done exclusively by the parents, preferably with a gauze, a finger toothbrush or a small, soft brush.

#### 3-6 YEARS OLD

From the moment the child has manual dexterity, they should wash their own teeth under parental supervision. The brush should be soft and sized to the child's mouth.

#### +6 YEARS OLD

The child should use a soft or medium-bristled toothbrush and toothpaste, in the approximate amount the size of a pea.



### Do primary teeth need to be treated?

Yes, they must be preserved as much as possible. In addition to aesthetic and chewing functions, **primary teeth serve to maintain the necessary space and to guide the eruption of permanent teeth.**

### What to do when a permanent tooth is erupting but the primary one has not fallen off?

The best thing to do is to make an appointment with a paediatric dentist for assessment and prescription of the most appropriate solution.

### Why should you choose Clínica Médis?

- **Professionals dedicated to paediatric dentistry**, with availability and vocation to deal with the little ones.
- **Special medical offices for children** with various surprises and toys to help distract them and teach them their first oral hygiene habits.
- In case of need, **conscious sedation** is a non-invasive, commonly used technique to keep the child awake, allowing for a greater comfort and tranquillity.