

INSTRUCTIONS & INFORMATIONS TO PARENTS REGARDING EARLY CHILDHOOD CARIES

What is Early childhood caries?

It is a very common dental problem prevalent in this generation of children. So first of all please do not worry that your child has landed up with this condition.

The main causative factors could be one of these.

1. Prolonged & on demand bottle feeding
2. On demand breast feeding



3. Delayed eating habits (food pouching)
4. High frequency of snacks intake



5. Frequent food with sugar
6. Prolonged medication (syrops)



7. Improper brushing
8. Special children, (etc)



The main reason cited for this problem has been the change in the lifestyle pattern and eating habits of this generation of children. Because of this problem cavities occurs in multiple teeth and they spread rapidly because children are not aware of proper brushing and good maintenance of the teeth.

So, please check with our team of pediatric dental surgeons to get the proper information regarding oral hygiene maintenance.

Next try to curb the factor which has caused this dental problem in your child.

Then once the pediatric dentist has given a treatment plan for improving your child's oral health, please meticulously follow the needed dental sittings and complete the treatment. Some children who are very young or if they fall into the category of children with special health care needs might require the assistance of sedation i.e. Anesthesia to carryout an effective and good quality dental care to these patients since they lack the ability to co-operate. If sedation is needed, please do not get anxious or apprehensive about it since it is considered safe and the best alternative adjunct to treat some patients who are unable to co-operate charside i.e. on dental chair.

CONSEQUENCES OF NOT TREATING

What may happen to the child???.....

- Child will always prefer a soft diet which wills infact aggravates the problem. Some children in extreme conditions starts dipping the food like biscuits in water soften it and eat which makes the condition even more worse.



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- Recurrent cold, cough infections because the same bacteria attacks the nose and the throat also.



- Cranky behaviors on and off because of the teeth problem.
- Loss of school hours due to pain, swelling, etc.



- Loss of sleep due to nerve involvement of the tooth.



- Loss of weight, decrease in hemoglobin level (iron content)



- Decrease in physical activity.

So overall, these consequences can all be put together in a single term called “**QUALITY OF LIFE**” at that age will be severely hampered.

So treat your child’s teeth early and please do not listen to people who say these teeth are going to fall why treat them. These teeth have quite some time to shed i.e. your child will be 12 years old when the baby teeth fall. So it is ideal to preserve them as much as possible, otherwise there will be:

- Loss of chewing area to munch their teeth.
- Improper alignment of permanent teeth
- Cavities spread to permanent teeth which will affect the new teeth which are erupting.

So once your child’s teeth are properly treated, it is up to us to maintain them without getting any new cavities.

So we the pediatric dental surgeon, parent and the child form a triangular team to work on this with the ultimate focus on the child’s dental health. With this ultimate motive in mind we the Chindamani dental centre team is built to take care of **y (our) child** who are all our children.

Now you would have gone through some detailed information on ECC. Now a concise and crisp check list follows.

DO's:

- Brush twice daily with special kids toothpaste



- Identify the causative factor of the problem and stop it
- Treat all the teeth which have been destroyed because of the problem.



- Take necessary preventive care to avoid new cavities to come.



- Visit our dental centre periodically to have a follow up review.



- Whatever your child eats make sure the last sip should be water.

DON'T'S:

- After getting treated, please do not indulge in same way of feeding your child.
- Please do not come to us only when the child is suffering from pain.
- Do not allow your child to live with this problem and treat it as early as it is identified.

DIETARY ADVICE

AVOID:

- Taking sugar, jam (etc) with all foods
- Very sticky foods
- Reduce the frequency of intake of sugared foods and give them at one particular time in a day.
- Sleeping with bottle
- Feeding when the baby is sleeping
- Delayed eating pattern
- Snacks like cheetos, kurkure, lays, (etc)
- Eating while watching TV, reading books, playing video games,(etc)
- Foods should be provided at periodic intervals with regular gaps between each meal.

INCLUDE:

- Foods like peanuts, salted popcorn (not sugared or caremeled)
- Butter , cheese with foods
- Fresh fruits and vegetables
- Fresh juices (not too citric varieties like lime juice, orange juice, etc very frequently.
- Corn, salted biscuits,(etc)