

# Take Care of Your Children's Teeth

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### U DENTAL PATIENT INFORMATION: Help You To Make Informed Decision

Human being has two set of teeth, milk teeth and permanent teeth. The time of eruption of the teeth is not fix, different in time of eruption less than a year is expected.



Start from 6 years old, the permanent tooth germ will grow under the primary tooth, and resorb the root of the primary tooth. As the age grows, the primary tooth's root will get shorten and finally loosen.

1) Primary dentition (Before 6years old)  
20 teeth will be erupted 6-24 months after birth.

2) Mix dentition (6-12 years old)  
The primary teeth will be replaced between 6 years old (front teeth) to 12 years old (back teeth) by permanent teeth.

3) Permanent dentition (after 12 years old)  
All the primary teeth have fall off.

#### ■ 6 months old

The front teeth will erupt. The baby will get irritate, salivation increase and even fever. Too early eruption of the primary tooth of the baby may injure the nipple of the mother. Try to avoid the baby from sleeping with biting on the milk bottle; this is because that the sugar may damage the teeth.

#### ■ 30 months old

All the 20 primary teeth should erupt, where there will be 5 teeth at every quadrant.

#### ■ Birth until 6 years old

Gap may present between teeth, this is an advantage, and this is because the permanent teeth will have more space to erupt. If the primary teeth are too tight together, cautions need to be taken because the permanent teeth may be crowded later.

#### ■ 6 years old

The first permanent tooth (6<sup>th</sup> tooth), will be erupt behind the first (5<sup>th</sup> tooth), many person may mix the tooth with the primary tooth.

This permanent tooth is normally the first permanent tooth that broken down, therefore extra care is needed for this tooth.

#### ■ 6-7 years old

The front teeth (normally the lower one) start to erupt. These permanent teeth normally erupt behind the related primary teeth. There should be no worry for this condition because if the adjacent tooth is not blocking, the permanent tooth will shift forward a bit. Permanent tooth may not erupt normally, this may because that the space is not enough or the primary tooth has not fallen off. If the primary tooth is extracted too early, the root is longer and the wound will be deeper. If the tooth is extracted too late, the permanent tooth may be crowded. It is better that the patient can seek opinion from doctor when to extract the primary tooth.

All the incorrect behavior should be eliminated during this age such as thumb sucking/milk bottle sucking, to avoid the tooth from protruding.

#### ■ 10-12 years old

The 3<sup>rd</sup> to 5<sup>th</sup> permanent teeth has erupted, but the space may not be sufficient. The front premolar tooth (4<sup>th</sup> permanent tooth) will erupt before the canine tooth (3<sup>rd</sup> permanent tooth).

1. If the 4<sup>th</sup> tooth is blocking the canine tooth, the canine tooth may erupt more front or side.
2. If the 5<sup>th</sup> tooth is blocked, the tooth will erupt in tilted position or none erupt. Therefore, in some condition the 4<sup>th</sup> tooth needs to be extracted to give way to other teeth. If the 4<sup>th</sup> tooth needs to be extracted before the eruption of all the permanent tooth, X-ray film need to be taken.

■ Leong's premolar is the tooth that is extra sharp, the sharp end may break easily and damag the nerve inside the tooth, therefore this type of tooth need to be treated earlier/ flatten.

#### ■ 12 years old and above

The 2<sup>nd</sup> molar tooth (7<sup>th</sup> tooth) erupts, which means 7 teeth in each quadrant. At this time all the teeth are permanent teeth, if there is still present of any primary tooth, please

seek help from the doctor. The last tooth (wisdom tooth) erupts around 18-25 years old, or may be absent. Please make sure that the position of this tooth is good to avoid damage to the surrounding tooth or gum.

#### FREQUENTLY MIS-UNDERSTANDING (Incorrect concept)

1) XXX "the primary tooth will be replaced, useless, no need to be filled"



Primary tooth will actually maintain a space to allow the related permanent tooth to erupt.

If it is extracted too early, the permanent tooth may erupt tilted or cannot erupt. The primary usually falls off around 10-12 years old. If the tooth is extracted too early, the root is long and more difficult to be extract. Try to avoid extraction/injection for children, as this may cause dentophobia of the child. One time of terrible experience will cause the child to reject dental treatment for whole life and this lead to broken down of all the teeth. Please remember: the physical injury will heal with time, but the psychology damage will be remembered whole life.

2) XXX "Filling is not needed, as there is no pain yet."

The broken tooth needs to be treated earlier. If the damage of tooth is too severe, the treatment will be difficult and uncomfortable; the cost will be higher also.

If the cavity of the tooth is too big, may be pain even after filling, but this does mean definite extraction. Pulp treatment (Pulpotomy) can safe the tooth without any injecton. In fact, the tooth that can be broken but not yet broken can be filled first. Regarding fissure sealant and topical fluoride please enquire your doctor.

#### When to extract the tooth?

- Loosen tooth does not always required extraction, but if the tooth is pain on biting or may be swallowed accidentally, extraction can be done.
- Toothache/ pus discharge or severe broken down until unrestorable.
- The tooth that blocking the other tooth.
- Uncooperative child, where filling cannot be done well.

#### What do parents need to do?

- When the child is 6-12 years old, the permanent teeth start growing. Please check the teeth every 6 months (every 3 months if necessary). If there is any growth problem of the teeth or bone, treatment should be start as soon as possible.
- If your child is still unable to take care of teeth himself, please help him.
- Check whether the brushing technique of your child is correct or not.
- Please control the diet of the child, to avoid sugar that can cause caries. Cooperate with doctor and try not to scare the child, such as "extract", "injection", "needle", etc.

