

Fishers Pediatric Dentistry

Snack Choices: When selecting snacks, try to choose items that will not stick to the teeth. We recommend foods that are not sticky and have less sugar such as chocolate, nuts, cheese, and popcorn. Most importantly, avoid frequent snacking between meals. It is excessive, frequent snacking that makes teeth more vulnerable for tooth decay. Children who play sports should limit their intake of sports drinks and choose to drink water.

Injury Prevention: Mouth guards help protect from trauma that would otherwise result in fractured teeth, injuries to the lips and face, and sometimes jaw fractures. Ask us which type is the best option for your athlete.



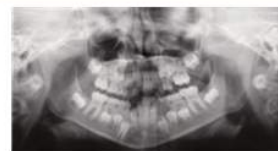
Brushing and Flossing: Your child has the ability to take care of his or her own teeth. However, adult supervision and reminders are still important. Adult toothpaste with fluoride should be used with a soft toothbrush. Teeth must be brushed a minimum of two times a day for 2 minutes as well as daily flossing.

9-12
Years Old



www.fisherspediatric.com
317-598-9898

X-Rays: Bitewing x-rays will be taken yearly to evaluate areas between the teeth. A panoramic x-ray may be taken to examine the developing adult teeth and assist in orthodontic decisions.



Before

After

Sealants: Sealants will be recommended once the 12 year molars have fully erupted. Dental sealants are a preventative measure that we recommend for permanent molars. Sealants protect the deep grooves of the permanent back teeth from sugars, plaque, and acid. Having sealants placed is a simple and painless procedure that does not require any drilling or local anesthetic.

Decalcification: Decalcification is the breakdown of the enamel caused by a variety of factors. Decalcified areas appear chalky white on teeth. Poor oral hygiene can cause decalcification. There is a high risk for this to occur in children with braces who have especially poor oral hygiene. Remember to brush thoroughly to prevent decalcification on your teeth!



Braces: During these years, your child will be losing their remaining baby teeth and the 12 year molars will start to erupt. If necessary, your child will be evaluated for orthodontic treatment and will be referred when appropriate.