

Pediatric First Visit

Clinical Exam

During the first part of your check up your dentist will look at your face and neck. Your dentist will check for anything that looks out of the ordinary, like a bump or swelling. Next, your dentist will check your bite, jaws, lips, cheeks, tongue and gums. They will also check to see if sealants will be helpful to you.

After checking your bite, your dentist will check inside your mouth. First, they start by gently checking your teeth for any cavities or other problems. Your dentist will also check on how you are brushing and flossing your teeth at home and give you some tips on correct brushing and flossing techniques.

Pediatric X-rays

X-rays are used by your dentist to see things inside your mouth that your eyes alone can't. Your dentist may use x-rays to view your baby and permanent teeth to watch their growth, or to check for cavities that are harder to see. Your dentist may also use x-rays to check your gums and jaw bone. Not everyone needs x-rays, so your dentist will decide whether they are necessary and how many should be taken.

Pediatric Office Cleaning

Your dentist or a certified staff member will use what's called a rotating toothbrush to clean the plaque from your teeth. After your teeth have been brushed your dentist may floss to remove any and all remaining plaque between your teeth. If necessary, to help harden your teeth and help fight future cavities, your dentist or dental staff member may apply a fluoride foam, solution or paint.

Pediatric Oral Hygiene Instructions

Obviously you can't go to the dentist everyday to have your teeth cleaned, so here are some tips on how you can keep your teeth strong and healthy at home. First, you should start by flossing your teeth to remove any food particles and plaque that may get stuck between them. The right way to floss is to wind the floss around both of your index fingers and gently push it in between each of your teeth in your mouth. Make sure to freely move the floss upwards, downwards and even sideways to get out any food that might be stuck.

After flossing you should then brush your teeth. You should put a small amount of toothpaste on a soft toothbrush and hold the toothbrush at a 45-degree angle to your teeth. Then gently rotate the bristles across your teeth and under your gums with a backward and forward circular motion. Be sure to also get the top surfaces of your teeth where you chew. Lastly, it's important to brush the inside surfaces of your teeth with the same rotating motion.

Follow-up Visit

The "American Academy of Pediatric Dentistry" recommends a dental check up at least twice a year for most children, so be sure to see your dentist regularly. Your dentist will advise you how often you should return for a check-up.