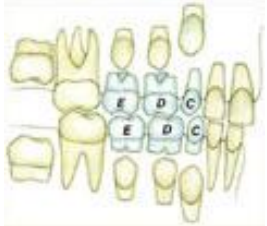


Space Maintainer

- 1) Baby teeth reserve space for the permanent teeth and help guide them into position.



- 2) The purpose of a space maintainer is to keep the space needed open for an adult tooth after an extraction.
- 3) The space maintainer is left in place until the adult tooth can be seen breaking through the gum tissues.



- 4) It is important that your child **avoids chewing gum, eating sticky candy (gummy bears, taffy) and hard items (ice, corn nuts)**. Please watch that your child does not poke or pull at the wire with his/her fingers.
- 5) The space maintainer needs to be checked on a regular basis (e.g. every 6 mon). If it becomes loose or breaks, it might need to be re-cemented or remade. Please visit your family dentists on a regular basis.



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Common Dental Procedures for Children



Partner to Improve Oral Health



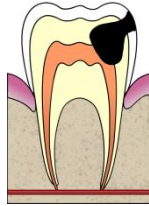
“Struggle Free and Quality Dental Care for the very young, the young @ heart, the very scared and the sensitive ones”

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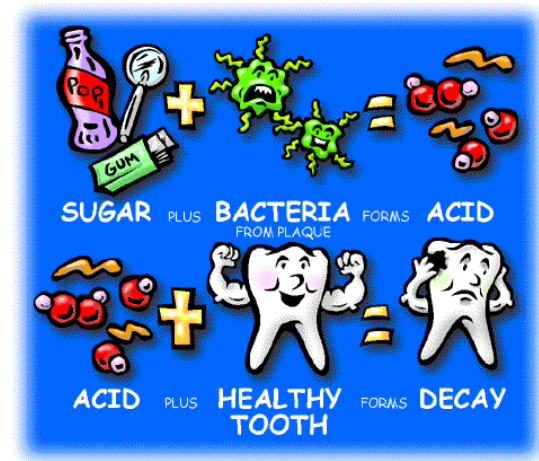
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Common infectious disease in children: Dental Cavities

Also called *dental caries*, a cavity is a hole in the two outer layers of a tooth that can grow bigger and deeper over time. If you have a cavity, it's important to get it repaired.





What Causes a Cavity?



Can Cavities be Prevented?

Yes. The following steps can help you prevent cavities:

- 1) **Brush** your child's teeth—Top, Outside, Inside at least twice a day 
- 2) **Floss everyday** - floss reaches area that brush can't. 
- 3) Have regular dental **checkups**.
- 4) Eat a **well-balanced diet**. Limit starchy or sugary sticky foods.

If the cavity is left unchecked, acids can continue to make their way through to the inside parts of the tooth and cause toothache.

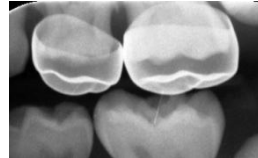
TYPES of Fillings

We try to select the best type of filling for your child based on

- How long the tooth remains in the mouth
- The size and location of the decay
- Your child's level of cooperation during the filling appointment
- Esthetics and Cost

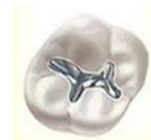
Stainless Steel Crowns

- Used when the cavity is large or
- if the tooth requires a nerve treatment named pulpotomy
- Baby molar teeth having crowns will fall out normally - no need to worry!



Amalgam or Silver Fillings

- Used for the molar (back teeth) when the amount of decay is small to medium and involves 1-3 surfaces
- Can last the life of the tooth as long as there are no new surface cavities



Composite or White Fillings

- Made of a soft plastic (resin) which is hardened with a light
- Used for the front teeth or for the back teeth when the decay is very small.
- Area must be kept very dry for its placement



Extractions

The most common causes in children are (1) infection in the jaw bone, (2) trauma and (3) crowding.



Post Extraction Care Instruction

1. The freezing or numbness usually lasts 1-2 hours; watch your child to ensure he/she does not bite his/her lip or tongue
2. Biting on the gauze pad usually stops the bleeding in 10-20 min; your child's saliva may contain a little blood for the 1st day.
3. No drinking with a straw, as this might loosen the blood clot.
4. If there is swelling, place an ice pack on the area (10 min on, 10 min off) during the 1st day only.
5. Avoid hard foods for the 1st day. i.e. soft diet
6. Keep the area clean by brushing the neighbouring teeth
7. If stitches were used they usually fall out within 10-14 days
8. Some children need pain medication, like Tylenol every 4-6 hours.
9. If swelling, pain or bleeding persists the next day please call our office.