

DR CARMEN SPIES & DR MARIETJIE WEAKLEY

PRACTICE PHILOSOPHY REGARDING CHILDREN PATIENTS

(Afrikaans op bls 3 & 4)

DID YOU KNOW?

- The younger a child is when visiting the dentist for the first time, the better. You can bring them from the age of two years, or even before that!
- Children are allowed to ask questions and “play” with the equipment. In this manner they get used to the new environment.
- Children that have had previous traumatic experience with dentistry are slowly detraumatized by use of a special program.
- We prefer treating all children at the practice and will only treat very young or scared children in theatre.
- Some children are more prone to caries/dental disease. They are placed on a special diet and fluoride program to help prevent it.
- It is especially important that a child come in immediately after a filling on a milk tooth is lost or broken. This prevents that the tooth develops an abscess and possible damage to the permanent tooth.

PREVENTIVE DENTISTRY: Fissure sealants and fluoride treatments:

- Fissure sealants are placed on molar teeth to prevent cavities that form on the chewing surfaces of teeth.
- Baby teeth that present deep fissures can also be sealed. Sealants on milk teeth do not last as long as on permanent teeth because of the difference in tooth structure, but can be filled every six months when necessary.
- Flossing and good oral hygiene prevents cavities between teeth and should be encouraged from a young age.
- Brush at least twice a day and drink lots of water in between to neutralize acid formation in the mouth.
- Brush BEFORE a party to create buffers in the mouth to fight the acid formation by the “sweet attack”!

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- Xylitol, a natural sweetener found in many fruits and vegetables, has proved to show a 90 % reduction in tooth decay.
- Xylitol should be taken in small quantities throughout the day and over a long period.
- The best way of eating Xylitol is to chew sugar-free Xylitol chewing gum. It should be taken every day and after every meal and snack! Xylitol as the principal sweetener (i.e listed first on the ingredients label). Our practice has a range of products to choose from.
- Tooth mousse: Applied twice daily, it does not just prevent tooth decay - it also repairs cavities in the initial stage of formation! It works in synergy with fluoride and Xylitol.

ROOT CANAL TREATMENT IN CHILDRENS' TEETH: THIS IS CALLED A PULPOTOMY

- This is a simple procedure and takes more or less 15 minutes to perform.
- The area is numbed carefully - no pain is experienced during treatment.
- If this treatment is needed on a milk tooth, it might be better to put a stainless steel metal crown over it. This will last longer than a normal filling and will protect the tooth - sometimes even up when the tooth falls out by itself!
- A swelling on the gum always indicates that a tooth that needs immediate attention!

FILLINGS ON MILK TEETH:

- The enamel/tooth structure of milk teeth differs from permanent teeth.
- Therefore the fillings and bonding resins that are used do not bond as well as they do to the permanent teeth, and consequently get loose quicker.
- It is more difficult to perform the treatment on a child patient. They cannot sit completely still, and control of the tongue and mouth muscles is not well developed. Ideally, no saliva should come near a tooth that is being restored.
- Children more frequently eat sweets, chew toffees, etc - this causes the filling to break and gets pulled out.
- Children often fall whilst playing - fillings on the front teeth do not last long in these active little people!

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- Milk teeth are very important - they are the space keepers for their permanent followers.
- In case of early loss of milk teeth, other milk teeth move in to the open spaces of the permanent teeth. Consequently the permanent teeth come out skew and orthodontic treatment may then be necessary.
- Space retainers can be placed when milk teeth are lost at an early age.
- When all four front teeth are lost, a little denture can be made to replace them. The cooperation of the patient must then be very good. The plate helps with speech development and self-esteem.
- Milk teeth also stimulate the growth of the jawbone. The maintenance of these teeth is also responsible for correct growth of the bone and jaw relationships.

**DR. MARIETJIE WEAKLEY EN DR CARMEN SPIES SE PRAKTYKFILOSOFIE TEN OPSIGTE VAN
DIE BEHANDELING VAN KINDERPASIËNTE
ONS STREWE NA VOORKOMING, EERDER AS GENESING!**



HET U GEWEET?

- Hoe jonger 'n kind wanneer hy/ sy die eerste besoek by 'n tandarts aflê, hoe beter.
- Kinders word toegelaat om vrae te vra, en met die toerusting te 'speel' om sodoende daarmee vertrouwd te raak.
- Kinders wat voorheen traumatiese ondervindings by 'n tandarts gehad het, word geleidelik deur 'n spesiale program op hulle gemak gestel.
- Ons verkies om kinders in die spreekkamer te behandel en sal hulle slegs by uitsondering, byvoorbeeld baie jong kinders, in teater onder narkose behandel.
- Sommige kinders is meer geneig tot tandbederf as ander. Ons plaas hulle op 'n spesiale dieët en fluoriedprogram om tandbederf teë te werk.
- Dit is uiters belangrik dat 'n kind dadelik sal inkom wanneer 'n vulsel verloor is of gebreek het, aangesien die tand 'n abses kan maak wat die permanente tand kan beskadig.

VOORKOMENDE TANDHEELKUNDE: Fissuurseëls en fluoriedbehandelings:

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- Fissuurseëls word op agtertande gedoen om te verhoed dat gaatjies op kouvvlak ontstaan. Vlos en goeie mondhygiëne verhoed gaatjies tussen tande.
- Melktande met diep groewe kan wel geseël word. Dit hou nie so lank nie, aangesien dit nie goed bind aan die tandstruktuur nie. Dit kan elke ses maande opgevul word indien nodig.
- Die eerste permanente tande kom gewoonlik op die ouderdom van ses jaar uit. Dit is noodsaaklik om hierdie tande te seël.
- Fluoriedbehandelings elke ses maande versterk die tandstruktuur.
- Gereelde borsel en vlos is natuurlik ook baie belangrik!!!
- Borsel ten minste twee maal 'n dag.
- Drink gereeld water om sure in die mond te neutraliseer.
- Borsel gerus die tande voor 'n partytjie om die buffers in die mond gereed te kry vir die suur wat vorm tydens die eet van lekkers!
- XYLITOL, 'n natuurlike versoeter, verminder tandbederf met tot 80%! Dit kan in die plek van suiker gebruik word. XYLITOL word ook in sekere lekkers, kougom en tandepasta gekry. Ons praktyk het 'n verskeidenheid van produkte waarvan u kan kies.
- Tooth mousse is 'n spesiale tande-salf wat, wannneer dit saam met fluoried en Xylitol gebruik word, tandgaatjies in die beginstadium van vorming, gesond maak! Slegs verkrygbaar by tandartse.

WORTELKANAALBEHANDELINGS BY KINDERPASIËNTE:

- Word 'n pulpotomie genoem. Dit is 'n eenvoudige prosedure wat ongeveer 15min neem om te doen.
- Dit is nie pynlik nie. 'n Inspuiting word deur 'n nuwe tegniek, die Wand, gedoen, wat redelik pynloos gedoen kan word.
- Die pulpotomie moet soms opgevolg word deur 'n pulpektomie, wat 'n wortelkanaalbehandeling op 'n melktand is. Dit is weereens 'n relatief eenvoudige en pynlose behandeling.
- 'n Swelling op die tandvleis dui daarop dat die tand dringend aandag benodig!

TEN OPSIGTE VAN VULSELS IN KINDERTANDE:

- Die emalje/tandstruktuur van melktande verskil van die van permanente tande. Die vulsels en bindingsagente wat gebruik word bind nie so goed aan kindertande nie. Die vulsels kom dus makliker los.

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- Dit is vir 'n jong kind baie moeilik om sy/ haar mond stil te hou terwyl 'n vulsel gedoen word. Om 'n suksesvolle vulsel te doen is die ideaal dat daar geen speeksel naby dit kom nie. Dit is dus vir die tandarts baie moeiliker om die vulsels te doen.
- Kinders eet meer gereeld toffies, harde lekkers en ander soetighede as volwassenes. Die vulsels breek en word deur lekkers uitgetrek.
- Kinders val baie terwyl hulle speel. Veral vulsels op voortande bly gereeld in die slag!
- Melktande is uiters belangrik- hulle is die spasiebehouders vir die permanente tande.
- Indien daar vroeë verwydering van melktande gedoen word, skuif die tande op. Die permanente tande kan uitgeblok word, of skeef uitkom. Latere ortodonsie (draadjies) mag dalk nodig wees.
- Spasiebehouders kan geplaas word indien melktande vroeg uitgehaal moet word.
- Indien die vier voortande op 'n jong ouderdom verwyder moet word, kan 'n plaatjie gemaak word om dit te vervang. Die pasiëntsamewerking moet baie goed wees. Die plaatjie kan help met spraakontwikkeling, selfbeeld ensovoorts.
- Melktande stimuleer die groei van die kakebeen en behoud daarvan is dus ook belangrik vir korrekte beengroei en kaakverhoudings

GEREELDE BESOEKE AAN DIE TANDARTS:

- Onthou om elke 6 maande 'n tandarts te besoek. Dit is veral belangrik in die tydperk wat die "gemengde dentisie" genoem word – die stadium waar daar melk- en permanente tande saam in die mond teenwoordig is. Indien ortodonsie (draadjies) gedoen moet word, is dit belangrik dat die proses betyds begin word, wat meestal in die groeisprong fase is.

Doen in alles jou bes – God doen die res!!!

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