

FREE STUDENT DENTAL CARE PROGRAM

Make your child a Healthy Citizen of Tomorrow

PARENT'S DENTAL GUIDE

INTRODUCTION

DEAR PARENT'S

- we need your help. Children need to be told by the adults in their lives that caring for your teeth and gums is just as important as washing your hands. Also, nothing works better than setting a good example by practicing good oral care yourself.
- Why is this so important for your kids? Because we all want our child to have a beautiful smile, no suffering from mouth and teeth diseases..
- The real benefit of good oral care is preventing cavities that can be both painful and cause early tooth loss.
- Proper care also prevents gum disease that can cause eventual tooth loss, bad breath, and can even be the beginning of other serious health problems.

Abused Special Oralcare Tips!

1. Daily brushing and flossing are the building blocks of a good oral care program.
2. The primary reason to brush and floss daily is to disrupt and remove plaque- that colorless, sticky film of bacteria that grows on and in between your teeth and under your gum.
3. Plaque is one of the main causes of tooth decay and gum disease. Left to accumulate, plaque can cause cavities, bleeding gums, destruction of tooth-supporting bones and even tooth loss. In fact , gum disease is one of the leading causes of tooth loss in adults today.
4. Visit your dentist and dental hygienist at least twice a year for a professional examination and cleaning.
5. Use fluoride toothpaste.
6. Replace your toothbrush every 3 months or sooner if the bristles begin to look worn out. Studies have shown that a new toothbrush removes upto 30% more plaque than one that is 3 months old.
7. Do not smoke or use tobacco.
8. Eat a balanced diet. This helps keep your teeth and gums healthy.

FREE STUDENT DENTAL CARE PROGRAM

Make your child a Healthy Citizen of Tomorrow

9. Clean between teeth daily to remove plaque from areas your toothbrush can't reach.
10. Brush thoroughly twice a day with a self- bristled toothbrush.
11. Keep sweets and sugary foods to a minimum. Instead choose sugar free foods for snacking. Good choice include vegetables, fresh fruits,bread and plain popcorn etc..
12. Reduce on carbonated soft drinks, they contain acides that can damage tooth enamel.
13. Try to brush after each meal. If can't brush right after eating, a piece of sugar free gum is a good substitute. The chewing gum increases your saliva, which is mouth's built in defence system against the development of harmful plaque.



FREE STUDENT DENTAL CARE PROGRAM

Make your child a Healthy Citizen of Tomorrow

WHAT YOU MEAN BY DENTAL CHECK-UP?

Dentist will most likely examine your teeth and gums for any visible problems. If necessary they may take an X-ray to make sure there aren't any hidden problems. A dentist will decide if you need a cleaning to remove the hardened plaque from above and below the gum line. One may polish them to remove hardened plaque and stains from the tooth surfaces.

WHAT CARE I SHOULD GIVE TO MY CHILD AFTER BIRTH?

It is said that 'only from a healthy baby comes a healthy baby teeth. This means that you need to start giving good oral care for your children right from birth.

WHEN IS THE BABY TEETH FORMING?

Baby teeth begin forming even before birth. All primary teeth-also called baby teeth –are present in a child's jaw bones at birth.

WHEN SHOULD I START GIVING DENTAL CARE TO MY BABY?

You can take care of your baby's gums- by wiping your baby's gums with a clean gauze pad after each feeding- breast or bottle. The first molar is formed from 13th month to 19th month and the second molar from 22nd month to 33 months.

IF NO TEETH ERUPTS AFTER 6-7 MONTHS WHAT SHOULD I DO?

. Do not be worried if your baby is a little late. Some babies take a little more time than usual.

WHAT IS BABY BOTTLE TOOTH DECAY?

One common way a baby can develop cavities is called baby bottle teeth decay. It occurs when a child's teeth s are frequently exposed to sugary liquids for long periods. These include milk including breast milk,

WHEN SHOULD I START TAKING CARE OF BY BABY'S TEETH?

As soon as the FIRST teeth appear, it is time to start taking care of them on a daily basis to help ensure against cavities. Giving your baby regular oral cleanings after each meal instills good habits early in life.

WHAT IS TEETHING?

This is a period when a baby's milk teeth are starting to erupt (6th month onward) During teething the baby experiences irritation in the gums and they want to bite on anything that they can bring to their mouth.

WHEN WILL MY BABY'S TEETH START COMING?

Your child will have all milk teeth by the age of three. These are also known as primary teeth

HOW MANY MILK TEETHS OR PRIMARY IS THERE?

There are 20 milk teeth all together.

HOW MANY TYPES OR CATOGORY OF TEETH ARE FOR PRIMARY TEETH?

There are three categories-

- a) Incisor
- b) Canines
- c) Molars.

WHICH TEETH COMES FIRST AND WHAT IS IT CALLED?

The first to appear is the incisors. Central incisor and lateral incisors. This usually appears between 6 to 12 months.

WHEN THE CANINES DOES ARE FORMED?

The canines are formed from 16 to 23 months.

WHEN DOES THE MOLRS FORMED?

for brushing. Bright colors and fun patterns of tooth brush can also help encourage brushing and make oral care fun.

FREE STUDENT DENTAL CARE PROGRAM

Make your child a Healthy Citizen of Tomorrow

formula, fruit juice and other sweetened liquids.

HOW CAN BABY BOTTLE TOOTH DECAY BE PREVENTED?

Never use feeding bottle as a pacifier. If you must give your baby a bottle at bed time or naptime, make sure it contains plain water. Never give your baby a pacifier that has been dipped in honey or sugar.

IS BRUSHING IMPORTANT FOR BABIES?

Yes brushing is important for babies.

WHEN TO START BRUSHING MY BABY'S TEETH?

You should start cleaning your child's teeth as soon as they appear.

CAN I USE TOOTH PASTE FOR MY BABY?

A small (pea size) amount of fluoride tooth paste can be used after the child is old enough not to swallow it.

HOW CAN I MAKE BRUSHING INTERESTING FOR MY CHILD?

Help them brush gently. Brushing can be made fun and interesting by parents joining with them food particles and freshen your child's mouth.

HOW LONG SHOULD A CHILD BRUSH?

Brush teeth long enough to thoroughly cleans all tooth surfaces.

HOW MANY TIMES A CHILD SHOULD BRESH DAILY?

Two times. Brushing twice a day results in increased fluoride applications to help strengthen tooth enamel and more opportunity to remove plaque.

IS THUMB SUCKING PACIFIER SUCKING BAD FOR THE BABY'S TEETH?

Yes it is not good for the baby's teeth often it

HOW TO CHOOSE THE CORRECT TOOTH BRUSH?

Children need to use a child's size tooth brush. These are designed specifically for the size and shape of a child's mouth and hands. A large handle can help children control their tooth brush. Soft bristles with rounded ends provide gentle cleaning of teeth and delicate gum tissue.

WHAT KIND OF TOOTH PASTE SHOULD I USE?

One of the best ways to keep your child brushing is by having fluoride toothpaste on hand that is pleasing and easy to use. The taste also can make brushing a more enjoyable experience for the children.

HOW TO BRUSH MY CHILD'S TEETH?

For infants. Parents should use a simple, gentle, short back and forth motion to brush and remove plaque.

Once children are older, the following method is recommended.

On outer and inner surface- Place tooth brush at a 45 degree angle; start along gum line, use gentle, short, tooth wide strokes against the gum line.

On chewing surfaces- Hold the brush flat and brush back and forth.

On inside surface of front teeth. Tilt brush vertically, use gentle up and down strokes with toe of brush.

Brush the tongue. Use a back to front sweeping method to remove

SHOULD CHILDREN FLOSS?

Teaching your children to floss is essential to their oral health. You should start flossing your child's teeth even when they have only their primary teeth.

HOW TO FLOSS?

Dental floss is a man-made fiber (usually made of nylon) that comes on a spool. Ask

FREE STUDENT DENTAL CARE PROGRAM

Make your child a Healthy Citizen of Tomorrow

cannot be avoided. But at least for the first few years of life- up to age four-thumb sucking and pacifier sucking should be ignored.

WHAT SHOULD I DO ABOUT THUMB SUCKING OR PACIFIER SUCKING AFTER AGE 4?

The sucking should stop before the permanent teeth begin to appear. Otherwise it can affect formation of the permanent teeth. The duration and intensity of sucking is more important in determining dental change. Parent should take care not to tie- a pacifier around your child's neck.

WHAT IS FLOSSING?

Flossing is technique used to remove plaques and food particles between teeth and below the gum line using a soft thread. Did you know that failing to floss means up to 35% of your tooth surface goes unclean

WHEN SHOULD MY CHILD MAKE THE FIRST VISIT TO A DENTIST?

Children should visit the dentist by their first birth day. The doctor can examine the formation of the erupting milk teeth and may make few suggestions The first relationship your child has with a dentist can leave a lasting impression.

WHAT ARE BRACES AND RETAINERS?

Braces and retainers are part of "orthodontic" a special discipline of dentistry concerned with aligning the teeth and jaws to improve your child's smile, appearance and oral health.

WHAT ORTHODONTIC TREATMENTS ARE AVAILABLE TODAY?

Today, through orthodontic treatment, problems like crooked or crowded teeth, overbites or under bites, incorrect jaw positions and disorders of the jaw joints etc.

your parents or your dentist how to correctly use dental floss if you're not sure

To floss properly, wrap an 18 inch strand of floss around your middle finger and hold one-inch section tightly, then:

Ease floss between teeth. Gently clean up and down several times while curving around teeth at the gum line.

Always floss behind the last tooth. Un wind clean floss as you proceed.

Be careful not to push floss into the gums. If pressed into the gums bleeding may occur.

WHAT DIET CAN YOU SUGGEST FOR A HEALTHIER TEETH?

Healthy eating habits lead to healthy teeth.

Many snacks that children eat today may lead to cavity formation. Choose nutritious snack for your child such as vegetables, low fat yogurt, fruits, and low fat cheese which are healthier and better for children's teeth.

Your mouth is a busy place. Bacteria - tiny colonies of living organisms are constantly on the move on your teeth, gums, lips and tongue.

Having bacteria in your mouth is a normal thing. While some of the bacteria can be harmful, most are not and some are even helpful.

Certain types of bacteria, however, can attach themselves to hard surfaces like the enamel that covers your teeth. If they're not removed, they multiply and grow in number until a colony forms. More bacteria of different types attach to the colony already growing on the tooth enamel. Proteins that are present in your saliva (spit) also mix in and the bacteria colony becomes a whitish film on the tooth. This film is called plaque, and it's what causes Cavity.

FREE STUDENT DENTAL CARE PROGRAM

Make your child a Healthy Citizen of Tomorrow

are corrected.

WHEN IS THE RIGHT TIME FOR BRACES?

Ideal time for braces in children is between 8 years and 14 years of age, while the head and mouth are still growing and teeth can be more easily straightened.

HOW LONG BRACES AND RETAINERS SHOULD BE KEPT?

The older your child and the more complicated your spacing problem, the longer the period of treatment required. . Usually braces are kept between 18 to 30 months, followed by wearing a retainer for at least a few months to 2 years.

WHAT CAUSES CAVITY?

Specialist called an Endodontic may have to perform an endodontic treatment (often called Root Canal Therapy) to save it. It involves, involves opening the tooth, removing the damaged pulp, cleaning, shaping, filling and sealing the tooth

HOW DOES PLAQUE CAUSE CAVITY?

The hard, outside covering of your teeth is called enamel. Enamel is very hard, mainly because it contains durable mineral salts, like calcium. Mineral salts in your saliva help add to the hardness of your teeth. Mineral salts, however, are prone to attack by acids. Acid causes them to break down.

Bone-like material that's softer than enamel and carries some of the nerve fibers that tell you when something is going wrong inside your tooth.

The Pulp is the centre of the tooth. It's a soft tissue that contains blood and lymph vessels, and nerves. The pulp is how the tooth receives nourishment and transmits signals to your brain.

WHAT IS ROOT CANAL THERAPY?

Our teeth are meant to last a lifetime. Sometimes, however, damage occurs to a tooth and the inside of the tooth becomes infected. This infection damages the pulp of the tooth - the network of blood vessels and nerves inside.

Left untreated, the damaged pulp can cause infection that will damage the bone around the tooth and cause swelling and pain. If the damaged tooth becomes infected, your dentist, or dental The Nerve fibers, that sent pain throughout the body, aren't present in tooth enamel. While the acid is attacking the enamel, you can't feel a thing.

Once the acid has begun to create a cavity and attacks the dentin under the enamel, the nerve fibers begin to send out a message that something is wrong. But by then, you have tooth decay.

That's why it's important to have regular, preventive dental check-ups. Don't wait until it hurts!

WHAT ARE THE DIFFERENT PARTS of TEETH?

A tooth is basically made up of two parts: the crown and the root.

The crown is what you see when you smile or open your mouth. It's the part that sits above your gumline.

The root is below the gumline. It makes up about 2/3rds of the tooth's total length.

Four different tissues make up each tooth. The enamel is the durable, white covering. Enamel protects the tooth from the wear and tear of chewing. It is the hardest substance in your body.

Dentin supports the enamel on your teeth. It's a yellow The Molars are the last teeth towards

FREE STUDENT DENTAL CARE PROGRAM

Make your child a Healthy Citizen of Tomorrow

Cementum is what covers most of the root of the tooth. It helps to attach the tooth to the bones in your jaw. A cushioning layer called the Periodontal Ligament sits between the cementum and the jawbone. It helps to connect the two.

WHAT ARE THE DIFFERENT KINDS OF TEETH?

Teeth look different from one another because they are designed to do different things.

The Incisors are the teeth in the very front. They're the sharpest teeth, built to cut food and shaped to shovel the food inward.

The Canine teeth are in the corners of your mouth. Because they're meant for grasping and tearing food, they have very long roots.

Premolars are located just behind your Canine teeth. Premolars have a more flat chewing surface because they're meant for crushing food.

The plaque that forms on your teeth and doesn't get washed away by saliva or brushed away by your toothbrush produces acid as it eats up sugar. This acid is produced inside the plaque and can't be easily washed away by your saliva. The acid dissolves the minerals that make your tooth enamel hard.

The surface of the enamel becomes porous - tiny holes appear. After a while, the acid causes the tiny holes in the enamel to get bigger until one large hole appears. This is a cavity.

It's important to see your dentist before a cavity forms so that the plaque you can't reach with your toothbrush or floss can be removed.

HOW TO CHOOSE THE CORRECT TOOTH BRUSH?

Children need to use a child's size tooth brush. These are designed specifically for the size and shape of a child's mouth and hands. A large handle can help children control their

the back of your mouth. Molars are much bigger than the Premolars and have bigger, flatter chewing surfaces because their job is to chew and grind the food into smaller pieces.

NAMES OF TEETH?

Palmer's notation is a widely used method to designate individual teeth. In Palmer's notation, your mouth is divided into four parts called quadrants, that is the upper left quadrant, the upper right quadrant, the lower left quadrant, and the lower right quadrant. Then each individual tooth in the quadrant is given a name. For example the two upper and two lower teeth at the center of your mouth are called central's. One then combines the names of the quadrant and the tooth to come up with a Palmer's notation. For example, the central on the upper right side of your mouth is called an upper right central.

WHAT IS A PIT & FISSURE SEALANT? HOW IS IT APPLIED?

The top surfaces of your teeth - where the chewing takes place - aren't smooth and flat. They are criss-crossed with tiny hills and valleys - called pits and fissures. These are places where plaque can build up safe from your toothbrush and dental floss. Some of the pits and fissures are so

WHY WE DO NOT EXPERIENCE PAIN WHEN THE TEETH DECAYS?

Narrow that even a single bristle from your toothbrush can't get deep enough to clean them out.

One method of preventing cavities from developing in the pits and fissures is to seal them off with a special varnish called a pit and fissure sealant. If your dentist determines that you need a pit and fissure sealant to help protect your teeth from decay, some special steps are taken to prepare the teeth first. Your dentist will clean the tooth first, and then

FREE STUDENT DENTAL CARE PROGRAM

Make your child a Healthy Citizen of Tomorrow

tooth brush. Soft bristles with rounded ends provide gentle cleaning of teeth and delicate gum tissue.

apply a mild acid solution to 'etch' the surface and make it easier for the pit and fissure sealant to stick. (The etching solution is the blue gel in the sealant video below). The whole procedure is quick and painless. Keeping the area dry and away from your saliva during the application is very important. If the tooth gets wet, the sealant might not stick properly. Once everything is ready, your dentist 'paints' the sealant right over the pits and fissures on the tooth surface. (Do you see it being painted on with a cotton swab in the video?). A special kind of light cures the sealant and makes it ready for use.

DENTAL DICTIONARY

A SIMPLIFIED DENTAL DICTIONARY FOR PARENTS

Abscess

An inflamed inner area of your tooth. An abscessed tooth requires treatment to relieve pressure and drain the infection.

Abutment

A tooth on either side of missing teeth.

Acrylic

This is a kind of plastic used to make false teeth, retainers, and other dental products.

Adult dentition

The thirty two teeth which an adult has

Alveolus

An opening in your jaw-bone in which a tooth is attached.

Anatomy

The arrangement of the bones in your

Aspirator

An aspirator is the small vacuum tube used to remove fluids from your mouth during dental procedures.

Bitewing

A small device a dentist uses to get a x-ray of a specific tooth. The dentist will have the patient bite down on the bitewing before taking the x-ray

Bleaching

A process used to make teeth whiter. Most dentists don't recommend using over-the-counter bleaching kits as they can damage the enamel of your teeth if used improperly.

Bonding

This is the process of attaching braces to your teeth using special glue.

FREE STUDENT DENTAL CARE PROGRAM

Make your child a Healthy Citizen of Tomorrow

skeleton. The study of the arrangement of bones in your skeleton.

Anesthetic

This is a drug which a doctor or dentist administers to you to help alleviate pain during dental or medical procedures.

Antibiotic Injection

Antibiotics are used to destroy or reduce infections in teeth and gums before a dental procedure, such as a root canal.

Apex

The very bottom of the root of your teeth.

Appliance

An appliance is the equipment used by an orthodontist to move your teeth or to change the shape of your jaw. Braces are a good example of an appliance.

Another name for cavities (tooth decay)

Cavity

This is a hole in your tooth caused by tooth decay.

Cementum

A bony substance covering the root of a tooth.

Cross Contamination

Passing bacteria, viruses or AIDS indirectly from one patient to another through the use of improper sterilization procedures, unclean instruments, or "recycling" of orthodontic products

Crown

The crown is a name for the part of your tooth above your gum. It is also the name for an artificial covering placed on top of a damaged or reconstructed tooth.

Braces

This is a series of rigid supports affixed to the teeth to help them grow in properly.

Bridges

Artificial teeth and dental structures designed to bridge the space between existing natural teeth.

Bruxism

A condition of continually clenching or grinding of the teeth, especially at night.

Buccal

The tooth surface which is next to your cheeks.

Calculus

This is a hard deposit that forms when you do not brush your teeth so the plaque hardens. Calculus is also known as tartar.

Canines

These are the two pointed teeth just behind the laterals. They are called canines because of their similarity to a dog's teeth.

Caries

painful than regular maintenance procedures, the condition usually causes the patient even more pain than they originally feared.

Dental auxiliary

Person who helps a dentist.

Dental care

Looking after teeth

Dental caries

Rotting of teeth

Dental cyst-

FREE STUDENT DENTAL CARE PROGRAM

Make your child a Healthy Citizen of Tomorrow

Curettage

A periodontal procedure where your gums are scraped to remove bacteria

Decalcification

The loss of calcium from your teeth. This weakens your teeth and make them susceptible to decay.

Deciduous teeth

A child's first 20 teeth or milk teeth

Deep bite

This is an excessive overbite.

Dental anxiety

This is a condition where a person has a high degree of fear related to visiting a dentist. In some cases the fear is high enough that the person avoids dentists completely until their situation becomes an emergency. Ironically, because emergency procedures tend to be more

Dentistry

Branch of medicine dealing with teeth and gums

Dentition.

Number, arrangements and special characteristics of all the teeth in a person's jaws

Dentures

Set of false teeth fixed to a plate which fits inside the mouth. These are synthetic replacements for all of your teeth in either your upper or your lower jaw.

Diagnosis

This is the process used by dentists to identify the nature of a disorder.

Cyst near the root of teeth.

Dental decay.

Rotting of teeth.

Dental floss

Soft thread used to clean between the teeth.

Dental hygienist.

Qualified assistant who cleans teeth and gms.

Dental surgeon

Qualified doctor who practises surgery on teeth.

Dental technician

Person who makes dentures.

Dentifrice

Paste or powder used with a tooth brush to clean teeth.

Dentine

Hard substance which surrounds the pulp of teeth, beneath the enamel.

Dentist-

Trained doctor who looks after teeth and gums. This is another name for your gums.

Gingivitis

A gum disease marked by inflammation of your gums, typically caused by inadequate flossing or brushing. It can be the first sign of periodontal (gum) disease.

Gums

These are the pink fleshy areas around your teeth.

Impacted tooth

This is a tooth that does not grow in properly

FREE STUDENT DENTAL CARE PROGRAM

Make your child a Healthy Citizen of Tomorrow

Direct Contamination

Direct contact with impurities or germs.(for example a patient sneezing on the assistant)

Disinfectant

A chemical agent that is applied to destroy germs.

Disinfection

This is a cleaning process that destroys most, but not all, microorganisms.

Enamel

This is a hard ceramic-like substance that covers the exposed part of your teeth.

Endodontist

A dentist who specializes in root canals and the treatment of diseases or injuries that affect the root tips or nerves in your teeth.

Fixed appliance

This is any orthodontic component that is cemented or bonded to the teeth.

Fluoride

This is a chemical solution that hardens your teeth and prevents tooth decay.

Gingivae

a mouthguard is especially important for orthodontic patientto prevent injuries..

Ontalgia

Tooth ache

Odentities

Inflammation of the pulpy interior of a tooth

Odontology

Study of teeth and associated structures and their disorders.

Odontoma

due to obstruction or misalignment. Usually it is pressed into the jawbone and requires oral surgery to rectify.

Incisors-

The first 4 teeth seen from front.

Inlays

This is the filling used inside a cavity as part of a root canal procedure.

Irrigation

This is the technique of using a solution to wash out your mouth and to flush debris during a dental procedure.

Lingual appliances

This is an orthodontic appliance fixed to the inside of your teeth.

Malocclusion

An irregularity in your bite.

Milk dentition

The twenty teeth which a child has and which are gradually replaced by the permanent teeth.

Molars

The teeth seen deep inside the mouth. In adult there are twelve molars.

Mouthguard

This is a device used to protect your mouth from injury when you are participating in sports or engaged in anything that involves high activity and the risk of impact to your mouth. The use of containing acids and bacteria that causes tooth decay.

Pre-existing condition

A pre-existing condition is something that existed prior to the start of coverage. Many

FREE STUDENT DENTAL CARE PROGRAM

Make your child a Healthy Citizen of Tomorrow

Cystic tumor derive from cells concerned with development of a tooth.

Onlays

Onlays are used when the outer portion of a tooth has been damaged beyond repair by tooth decay. It is used to preserve and protect what is left of the tooth.

Orthodontics

The treatment preformed to correct your bite and insure the proper growth of new teeth.

Orthodontist

A dentist who has been specially trained in orthodontics.

Overbite

Vertical overlapping of the upper teeth over the lower.

Partial denture

Part of a set of false teeth, replaces only a few teeth.

Pedodontist

A dentist who specializes in the treatment of children's teeth.

Periodontics

The study and treatment of gum disease.

Periodontist

A dentist who specializes in the treatment of gum diseases.

Plaque

This is the colorless, odorless, sticky substance through the use of artificial substances and materials.

Retainer

An appliance you wear after the removal of

insurance policies will not cover such conditions.

Premolars

Teeth seen ... there are eight premolars in an adult

Proper Occlusion

Refers to the condition when all of your teeth are straight and your top teeth line properly up with your bottom teeth.

Prophylaxis

This is the process of cleaning your teeth

Prosthodontist

A dentist who specializes in the replacement of missing teeth.

Provider Network

This is a term referring to all the dental professionals who participate in a program designed to provide dental services. You might also see this referred to as a nationwide network.

Pulp

This is the soft inner structure of a tooth, consisting of nerve and blood vessels.

Pulp canal

This is another name for the pulp chamber

Pulp Chamber

This is the very inner part of your tooth containing nerve cells and blood vessels.

Recycling

A procedure where an orthodontist takes dental appliances out of one patient's mouth and "recycles" them to another patient's mouth. Reputable dentists do not engage in this practice because the high risk of

FREE STUDENT DENTAL CARE PROGRAM

Make your child a Healthy Citizen of Tomorrow

your braces. The retainer attaches to your upper teeth and holds them in the correct position until they become strong enough to maintain their position independently.

Root

Refers to the section of your tooth below the gum line.

Root canal

This is the procedure where the nerve of a heavily decayed tooth is removed from the tooth and replaced with a filling material.

Scaling

Scaling is the process a dentist uses to remove excess cement and check for gaps when putting in a filling.

Sealing

The closing or covering of an opening to protect from infection and disease.

Space maintainer

Used to maintain a space in your mouth after the loss of a tooth. You might use a space maintainer when you lose one of your baby teeth or if you lose a permanent tooth and are waiting to have it artificially replaced.

Sterilization

This is the process where a dental material or implement is treated to kill and remove germs.

Tartar

This is another name for calculus.

Teething:

Period when a baby's milk teeth are starting to erupt and the baby is irritable.

Tooth

One of a set of bones in the mouth which are

spreading infection.

Restorative Services

The rebuilding of damaged or malformed teeth

A treatment which adds a protective layer of fluoride to your teeth to help prevent decay.

Usual & Customary

This is a term used to describe fees that are consistently charged by dentists or physicians for a particular procedure or services. It can also refer to an "average" fee that is charged by the majority of dentists or physicians of similar experience, within a geographical area or region.

Wax bite

This is a procedure to measure how well your teeth interlock. You bite a sheet of wax and leave a bite mark in the wax. The orthodontist looks at the bite marks to see how well your teeth are aligned.

Wisdom Tooth

Your wisdom teeth are the very last teeth in the back of your jawbone. They are the last four molars in an adult. Typically, these teeth don't come in until sometime in adulthood, hence the term "wisdom" teeth.

FREE STUDENT DENTAL CARE PROGRAM

Make your child a Healthy Citizen of Tomorrow

used to chew food.