



Pedo dontics  
(children dentistry)

sunshine  
Dental Clinic   
great smiles begin here

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Keep Smiling with us



#### A LIFETIME OF DENTAL HEALTH BEGINS IN CHILDHOOD WHEN SHOULD I TAKE MY CHILD FOR HER FIRST DENTAL VISIT

*The ideal time is at approximately one year of age. This is an ideal time for the dentist to carefully examine the development of your child's mouth. Because dental problems often start early, the sooner the visit the better. To safeguard against problems such as baby bottle tooth decay, teething irritations, gum disease, and prolonged thumb-sucking, the dentist can provide or recommend special preventive care.*

#### How Do I Help My Children Care for Their Teeth and Prevent Cavities?

Teaching your child proper oral care at a young age is an investment in his or her health that will pay lifelong dividends. Anything that makes taking care of teeth fun, like brushing along with your child or letting them choose their own toothbrush, encourages proper oral care.

To help your children protect their teeth and gums and greatly reduce their risk of getting cavities, teach them to follow these simple steps:

Brush twice a day with an fluoride toothpaste to remove plaque-the sticky film on teeth

that's the main cause of tooth decay.

Floss daily to remove plaque from between your teeth and under the gumline.

Use dental products that contain fluoride, including toothpaste. Make sure that your children's drinking water is fluoridated. If your water supply; municipal, well or bottled does not contain fluoride, your dentist or pediatrician may prescribe daily fluoride supplements.

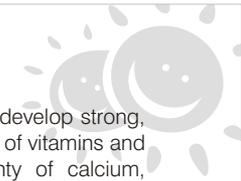
Take your child to the dentist for regular checkups.

#### What are Dental Sealants and How Do I Know if My Child Needs Them?

A dental sealant creates a highly-effective barrier against decay. Sealants are thin plastic coatings applied to the chewing surfaces of a child's permanent back teeth, where most cavities form. Applying a sealant is not painful and can be performed in one dental visit. Your dentist can tell you whether your child might benefit from a dental sealant.

#### What is Fluoride and How Do I Know if My Child is Getting the Right Amount?

Fluoride is one of the best ways to help prevent against tooth decay. A naturally occurring mineral, fluoride combines with the tooth's enamel to strengthen it. In many municipal water supplies, the right amount of fluoride is added for proper tooth development. If your water supply does not contain any (or enough) fluoride, your child's pediatrician or dentist may suggest using fluoride drops or a mouthrinse in addition to a fluoride toothpaste.



#### How Important is Diet to My Child's Oral Health?

A balanced diet is necessary for your child to develop strong, decay-resistant teeth. In addition to a full range of vitamins and minerals, a child's diet should include plenty of calcium, phosphorous, and proper levels of fluoride.

#### What Should I Do if My Child Chips, Breaks or Knocks Out a Tooth?

With any injury to your child's mouth, you should contact your dentist immediately. The dentist will want to examine the affected area and determine appropriate treatment.

If your child is in pain from a broken, cracked or chipped tooth, you should visit the dentist immediately. You may give an over-the-counter pain reliever to your child until his/her appointment. If possible, keep any part of the tooth that has broken off and take this with you to the dentist.

If a tooth is completely knocked out of the mouth by an injury, take the tooth to your dentist as soon as possible. Handle the tooth as gentle as possible - do not wipe or otherwise clean the tooth. Store the tooth in water or milk until you get to a dentist. It may be possible for the tooth to be placed back into your child's mouth, a procedure called reimplantation.

#### HOW CAN I TELL IF MY CHILD WILL REQUIRE BRACES?

It's best for the orthodontist to see children by age 8 to determine whether orthodontic treatment is required, and whether treatment should begin right away or should wait until the child is older.

Treatment is not usually started at age 8 unless severe problems exist which will affect the way the teeth or jaws grow. Such problems include "crossbites", "underbites", impacted teeth, and habits such as thumb sucking. In such cases of severe problems, treating them early can help avoid future problems. One other reason we may start treatment early is to help a child's self-esteem if the crookedness of the teeth is a cause of psychological stress.

However, in many cases it is better to wait to begin treatment until all of the milk teeth are lost. In that case we will see you again for yearly check-ups until you are ready to begin.

#### OUR SERVICES IN PAEDITRIC DENTISTRY

REGULAR DENTAL CHECKUPS

TREATMENT FOR HABITS LIKE THUMB SUCKING, MOUTH BREATHING

PREVENTIVE ORTHODONTICS TO ALLOW TEETH ERUPT IN A PROPER FORM

FLOURIDE TREATMENTS TO PREVENT CARIES

SEALANTS TO PREVENT CARIES.

RESTORATIVE DENTISTRY.(FILLINGS)

TEETH CLEANING

ROOT CANAL TREATMENT