

Preventive Dentistry

What is preventive dentistry?

Read to Know



“ Hey, I am....

Rabb Jr.

I teach you dental ~~high-jean~~
hygiene!



Book your child's dental visit today!



Why is preventive dentistry important?

Preventive dentistry means a healthy smile for your child. Children with healthy mouths chew more easily and gain more nutrients from the foods they eat.

They learn to speak more quickly and clearly. They have a better chance of general health, because disease in the mouth can endanger the rest of the body. A healthy mouth is more attractive, giving children confidence in their appearance. Finally, preventive dentistry means less extensive and less expensive treatment for your child.

When should preventive dentistry start?


Preventive dentistry begins with the first tooth. Visit your pediatric dentist at the eruption of the first tooth or by age one. You will learn how to protect your infant's dental health. The earlier the dental visit, the better the chance of preventing dental disease and helping your child build a cavity-free smile.

What role do parents play in prevention?

After evaluating your child's dental health, your pediatric dentist will design a personalized program of home care for your child. This program will include brushing and flossing instructions, diet counseling, and if necessary, fluoride recommendations. By following these directions, you can help give your child a lifetime of healthy habits.

How do pediatric dentists help prevent dental problems?

Tooth cleaning, polishing, and fluoride treatments are important parts of keeping your child's teeth healthy. A pediatric dentist can also add sealants to prevent cavities, provide mouth guards for sports protection, and identify early orthodontic concerns. With the right mix of clinic visits and home care, they help ensure your child enjoys a healthy, happy smile.



Fluoride



Why Fluoride Matters

Fluoride is a naturally occurring mineral that strengthens tooth enamel and helps prevent cavities before they start. It works by slowing the loss of minerals from the tooth surface and encouraging remineralization in areas where decay is beginning. Children who receive fluoride regularly tend to have fewer cavities and stronger, healthier teeth.

A Personalized Prevention Plan

Your pediatric dentist carefully evaluates your child's risk for tooth decay and recommends the most appropriate fluoride plan. This may include fluoride toothpaste for daily home care, professional fluoride varnish applications during dental visits, and guidance on supplements when needed based on age, diet, and local water fluoride levels.

Safe, Effective & Long-Lasting Protection

When used correctly, fluoride is both safe and highly effective. Parents should use only the recommended amount and keep fluoride products out of reach of young children to prevent overexposure. Combined with good oral hygiene and regular dental checkups, fluoride helps ensure your child enjoys a strong, confident, and healthy smile for years to come.

What type of Tooth Paste should my child use?

Your child should use toothpaste with fluoride. Brushing twice a day (after breakfast and before bed-time) provides greater benefits from brushing once daily. Parents should dispense toothpaste to prevent young children from swallowing too much

Under Age 2

Grain of Rice
No Fluoride Toothpaste



Ages 2-6

Pea-Sized
Children's Toothpaste
with Fluoride

Ages 6-8
Full Ribbon
Children's Toothpaste
with Fluoride



Ages 8+

Full Ribbon
Adult Toothpaste

What is a fissure sealant?

Fissure sealants are protective coatings that are painted on to the grooves (pits and fissures) on the chewing surface of the back teeth (molars and premolars). The fissure sealant is a protective layer that prevents food and bacteria from getting stuck in the tiny grooves in the teeth and causing decay. It is a safe and straightforward way of protecting your child's teeth from tooth decay.

Who can benefit from a fissure sealant and when?

The highest risk for decay in adult (second) teeth is the first few years after a tooth appears; this is usually between six and eight years of age. Fissure sealants can be applied once your child's permanent back teeth have started to come through to protect them against decay. The dentist may recommend fissure sealants if your child has had tooth decay in the past



How is it done?

The tooth will be cleaned, washed and dried, and then the liquid sealant will be applied to the surface of the tooth. A blue light will be shone onto the tooth to help the fissure sealant set. It only takes a few minutes for the dentist or dental therapist/hygienist to apply a fissure sealant to your child's tooth.



What happens afterwards?

Your child may notice a strange taste for a short time after the fissure sealant has been applied; this is normal and will soon disappear.

It may also feel slightly different when they bite together but this feeling disappears within a couple of days. Your child can eat and drink normally after the treatment. The fissure sealants will be checked during your child's regular dental check-ups and replaced if necessary.

Best Practices

1. Keep teeth healthy with a balanced diet and limit sugary foods and drinks to mealtimes only.
2. Brush twice a day (once during the day and last thing at night)
3. Visit the dentist regularly, as recommended.



Where little smiles
grow big!

Jr.

Expert Pediatric Dentistry in Hyderabad

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