

# Pediatric Dentistry

## EXPERT ADVICE

### Did you know?

The year one dental visit can actually save money. A study in the journal Pediatrics showed that children who have their first dental visit before age one have 40% lower dental costs in their first five years than children who do not, due to the cost of dental and medical procedures that may be necessary as a result of poor oral health.

Source: American Academy of Pediatric Dentistry

### WHEN SHOULD I MAKE MY CHILD'S FIRST DENTAL VISIT?

Along with the American Academy of Pediatric Dentistry, most dentists recommend a child has his or her first dental visit between 12 and 18 months. Some even go by the rule "first visit by first birthday." As a rule of thumb, when your child's first teeth erupt, it's time to start thinking about making an appointment (most babies don't get their first teeth until about 6 months).



## FAQ about Children's Oral Health

By Judith Nembhard

### IS IT REALLY SAFE FOR MY CHILD TO HAVE DENTAL X-RAYS?

With contemporary safeguards like lead aprons and high-speed film, the amount of radiation received in dental X-rays is extremely small. The mythbuster here is that X-rays present a far smaller risk than an undetected or untreated dental problems like tooth decay or other anomalies. Modern equipment restricts the beam to the area of interest, and many offices even use digital X-rays, which lower radiation exposure to 1/12 of that of regular dental X-rays.

### WHAT CAN I DO ABOUT MY CHILD'S TOOTHACHE?

Clean the area around the sore tooth thoroughly, rinsing your child's mouth with warm salt water and dislodging any impacted food or debris with dental floss.

If your child's face is swollen, you can apply a cold compress or ice wrapped in cloth, but be sure not to put heat or pain medication directly on the gum or aching tooth. If pain and swelling persist, contact a dentist as soon as possible.

### MY CHILD ACCIDENTALLY KNOCKED OUT A PERMANENT TOOTH. WHAT SHOULD I DO?

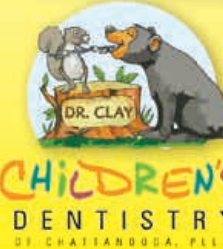
Recover the tooth, and, holding it by the crown (top) and not the root, rinse it gently with cold water. Do not clean or handle more than necessary. Reinsert the tooth in the socket and hold it in place using a clean piece of gauze or cloth. If it can't be reinserted, place the tooth in a clean container with cold milk. Go immediately to your dentist. The faster you act, the better your chances of saving the tooth. 🦷

You want your children to have the best specialty pediatric dental care.

They want to have fun going to the dentist.  
**We offer both!**



1612 Gunbarrel Road  
423.954.9511  
ChattanoogaPedo.com



**Clay P. Goins D.D.S.**  
Diplomate American Board of Pediatric Dentistry  
Fellow American Academy of Pediatric Dentistry

# PM Pediatrics

Chattanooga's Choice for After Hours, Pediatric Only, Urgent Care  
We're here when you need us most!

Like us on Facebook!



www.PMPediatrics.org