

# stDental Times

October 15, 2018



Happy Fall 2018! We have accomplished a lot so far!

In addition to our routine continuing education and dental convention visits, Dr. Andrew Huang was awarded Fellowship status with the Academy of General Dentistry.

As we prepare our end of year routine, we will not be scheduling new patient visits until January 2019. Exceptions are families of our existing patients. We do this yearly to make sure that all our attention is on you and your family. We hope you appreciate little details like this. We strive to withhold the highest standard of dental care as always.

Projects we are working on are — brand new website with 3D tour of our office, technology acquisition such as digital scanning and 3D printing, as well as a new way to detect cavities other than traditional x-rays!

Sincerely, Dr. Andrew Huang & Dr. Ann

*Produced in-house by Santa Teresa Dental to improve your dental health and awareness*

## Dental Care Basics for Your Child

**Dr. Ann would like to share some tips on dental care basics for your child.**

### Cavities Prevention

Cavities are caused by tooth decay, a disease that damages and breaks down teeth. Untreated tooth decay can lead to pain, loss of teeth, and loss of self-confidence. Children with tooth pain can not eat or sleep properly and may miss days of school. Even worse, an abscess (pus-filled sac) from a cavity can cause serious and even life-threatening infections when left untreated.

*Good news:* tooth decay can be prevented with good oral care. It is simpler and less costly to prevent tooth decay than to repair a decayed tooth.

### Cleaning Your Baby's teeth

Cleaning your baby's teeth is an important step to prevent cavities. Begin cleaning the baby's mouth during the first few days after birth. After each feeding, wipe the baby's gums with a clean, damp gauze pad or washcloth. This removes plaque and bits of food that can harm new teeth.

As soon as the first tooth appears, start brushing your baby's teeth twice a day (morning and night). Use a soft-bristled, child-sized toothbrush and a smear or rice-grain-sized amount of fluoride toothpaste. Position your child so you can see into the mouth



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## Prevent Tooth Decay in Baby Teeth

Tooth decay can begin as soon as a baby's teeth come in. Untreated decay in baby teeth can lead to cavities and cause pain or infection.



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## Prevent Tooth Decay in Baby Teeth

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To help keep your child's teeth healthy, follow these tips:

- Brush your child's teeth every day, two times a day. Start with a smear of fluoridated toothpaste, increase to pea size at age 3.
- If your child uses a pacifier, do NOT dip it in sugar, honey or other foods.
- Do not put pacifiers or spoons in your mouth before giving it to the child. Decay-causing bacteria in your mouth can be passed to your child.
- Do not let your child frequently sip sugary liquids (including juice drinks). Limit sugary liquids and sweets to mealtimes.

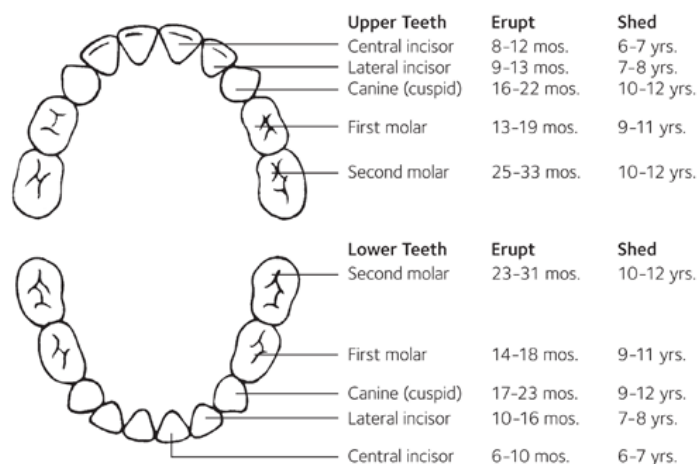


- Infants should not be put to bed or allowed to fall asleep with a bottle or training cup that contains milk, formula, fruit juices, or any liquids with sugar.
- After your child's first tooth comes in, he or she should not be allowed to breastfeed constantly or fall asleep

while breast feeding.

- After each feeding – including after each breast feeding, wipe the baby's gums and teeth with a clean, damp gauze pad or washcloth.
- Avoid giving your child sugary, chewy, sticky foods. Instead give him healthy snacks.

## Baby Tooth Eruption Chart



**This chart gives the names of baby teeth. It also shows when each tooth usually comes in and exfoliates. Not all children get the same teeth at the same times. Your child's teeth may come in earlier or later than shown here.**

Smile  
Show  
Case



## Dental Care Basics for Your Child

easily. You might want to sit, resting his or her head in your lap. Begin flossing your child's teeth when he or she has two teeth that touch.

Cleaning your child's teeth is an important step to prevent cavities. Brushing and flossing remove plaque, the sticky film of bacteria on their teeth. Teeth should be brushed twice a day: morning and night, for two minutes each time. Teeth should be flossed once a day.

### How to Brush

It is important that an adult brush a child's teeth until he or she has the skills to do it properly themselves. If your child can not tie their own shoes, they are probably not ready to brush by themselves. You should continue to supervise your children when they are brushing. When teaching your child how to brush, you may wish to stand behind him and hold the brush. This can help your child learn the right way to brush.

By around age 10 or 11, most children should be able to brush their teeth without supervision. When your child is skilled enough to do proper brushing, watch to make sure he or she is not "rushing and brushing" and use a fluoride toothpaste. Do not let your child eat or swallow the toothpaste.

For children under three years old, use no more than a smear or grain-of-rice-sized amount of fluoride toothpaste.

For children three to six years old, use only a pea-sized amount of fluoride toothpaste.

Make choosing a toothbrush a fun activity for you and your child. Find a child-sized toothbrush with soft bristles.

### How to Floss

Flossing is an important part of cleaning teeth. Flossing once a day removes plaque from between the teeth, where toothbrush bristles can't reach.

Begin using floss or floss aid when your child has two teeth that touch. Flossing is not easy for children to do by themselves. The American Dental Association recommends that you floss your child's teeth until he or she can do it alone, around age 10 or 11. Sometimes children as young as five can use floss aids. When your child is ready to floss – with your supervision – show him or her how to hold the floss and gently clean between the teeth.

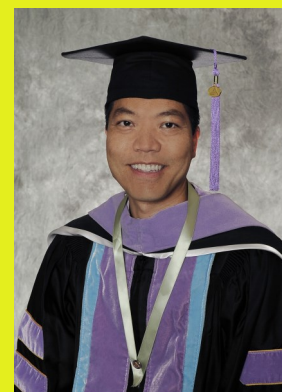
### We can also show you and your child how to floss.

As children get older and start taking care of their own teeth, make sure they brush and floss well each day. Look for oral care products that have the ADA's seal of Acceptance. The Seal tells you that these products meet the ADA's standards for safety and effectiveness.

### Diet and Your Child's Teeth

What and how often we eat can affect our teeth. Bacteria in the mouth and on the teeth uses the sugar in foods and drinks to make acid that attacks the teeth. Each time we eat or drink, that acid can attack the teeth for 20 minutes or longer. Over time tooth decay can develop and a cavity can form. Cavities must be treated by a dentist to avoid infection and pain.

**Congratulations to Dr. Andrew Huang. He was awarded Fellowship status with the Academy of General Dentistry in June 2018.**



**FAGD = Fellow of the Academy of General Dentistry**

**"The fellowship designation is one of the most rigorous continuing dental education programs today."**

**"A general dentist who is a FAGD has been recognized by other general dentists as a leader in the profession and he/she demonstrates the importance of quality continuing dental education to patient care."**

### Kids Toothpaste Tip:

**0-3 years:**  
grain of rice

**3+ years:**  
pea size

Mouth Healthy ADA



## Share a Smile New Patients Are Always Welcome!

*The finest compliment we can ever receive is a referral from our friends and patients.*

# Santa Teresa

## DENTAL

Family • Cosmetic • Sedation • Invisalign

### Office Information

**Andrew Huang, DMD, FAGD**

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### Office Hours

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### Contact Information

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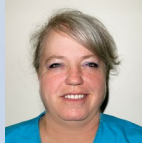
### Office Staff



**Terri L.**  
Registered Dental  
Hygienist



**Becky W.**  
Registered Dental  
Hygienist



**Heather L.**  
Registered Dental  
Hygienist



**Vanessa**  
Patient Coordinator



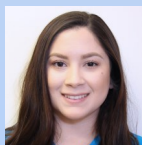
**Neyda**  
Care Consultant



**Jhona**  
Registered Dental  
Assistant



**Elsa**  
Registered Dental  
Assistant



**Blanca**  
Dental Assistant

## Dental Care Basics for Your Child

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Try to limit between-meal snacks for your child. Snacking often means more acid attacks and a higher risk for tooth decay.

If your child is thirsty or needs a snack, avoid cookies, candy, and other sweet or sticky foods. Instead, offer water or healthy foods, such as fruit, carrot sticks, or cheese. Save sweets for mealtime, when the mouth makes more saliva to help rinse out food particles.

For good dental and overall health, be sure your child eats a mix of foods from the major food groups. For more information about a healthy diet, see [www.choosemyplate.gov](http://www.choosemyplate.gov).

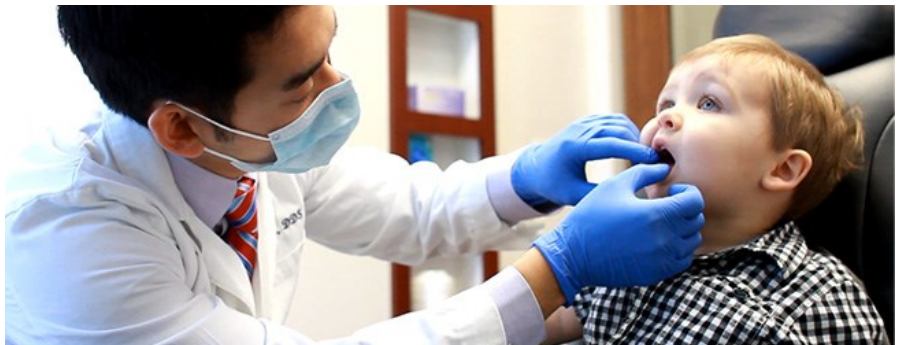
### Fluoride, Nature's Cavity Fighter

Fluoride is a naturally occurring mineral in most water sources. It helps make teeth strong and protects teeth from decay. Children who drink tap water that has the recommended level of fluoride are less likely to get cavities than children who do not drink fluoridated water. If you are not sure your tap water has fluoride, ask Dr. Ann. Currently, neither Morgan Hill nor Gilroy water are fluoridated. The City of Hollister has slight natural occurring fluoride in the water but is not titrated to optimum recommendation levels.

Children can get added protection from fluoride if they get it from more than one source. Fluoride can be found in anticavity toothpastes, mouth rinses and treatment applied in the dental office. Dr. Ann will customize a regimen that is optimum for your child. Be sure to let us know if you use bottled water or a water treatment system at home.

### Dental Visits

Regular dental visits are essential for healthy smiles. During a dental visit, Dr. Ann will check your child's mouth for gum and tooth health. Tooth alignment and growth patterns will be monitored to watch for problems with your child's bite. She can tell you if your child's teeth are being brushed and flossed properly.



How often should a child see a dentist? Children's needs differ, and Dr. Ann is best able to suggest a schedule of visits for your child. How often visits are needed depends on things like your child's eating habits, how well the teeth are cleaned, past treatment needs and water fluoridation in your area.