

Early Childhood Caries: A Treatise of Prevention and Maintenance



Early Childhood Caries is the decay of one or more primary teeth in children of 71 months of age or younger. This is a rapidly progressing type of tooth decay which usually starts as a small white spot in front teeth of children as young as 12 months. It can lead to increased susceptibility throughout life and is associated with systemic problems as anaemia and poor growth.

Causes



Excess and uncontrolled consumption of any of the above foods and sugar sweetened beverages. Its also caused in children with chronic diseases who are on syrup based medicines



- Bottle and Breast feeding at will and beyond 12-15 months.
- Feeding at night and while sleeping
- Lack of proper cleaning of teeth and oral cavity

Prevention

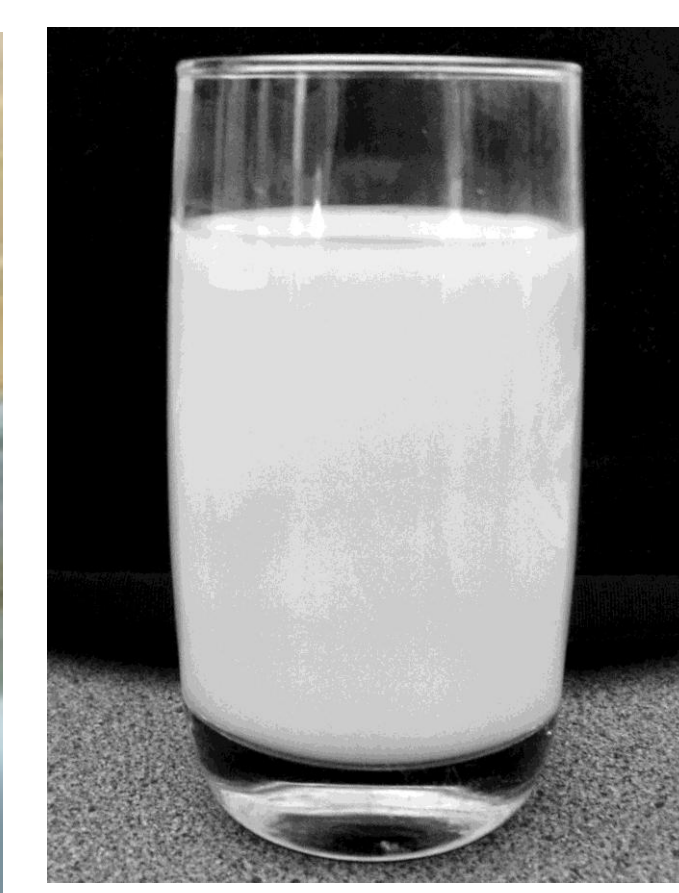
Steps for infant oral health care-

- Gum pad cleaning
- Early start of tooth brushing
- Avoidance of Breast/Bottle Feeding at will and night
- Avoidance of sugar/honey dipped pacifiers
- Early oral health check up visit

Steps for Children's oral health care-



Oral hygiene maintenance by brushing twice daily



Non sweetened milk in glass
Avoidance of snacking & caries causing foods

Rinsing of mouth after every meal and intake of sugar syrups

Management



Pre Operative



Post Operative



Pre Operative



Post Operative

Caries risk assessment and preventive protocol