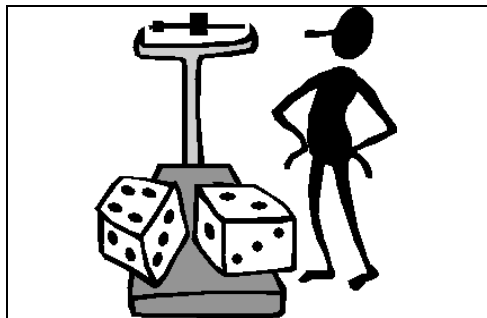


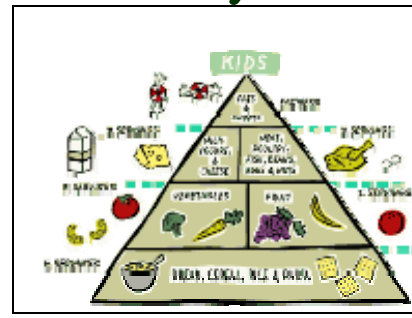
6 Steps For Baby's First Dental Visit

1. Caries Risk Assessment: Infants



Bottle use at night.
Juice in bottle.
White spot lesions / caries on teeth.
Visible plaque on anterior teeth.
No brushing of teeth.
Frequent snacks: candy, cookies.
Fluoride deficiency.
High *S. mutans* bacterial levels.

4. Healthy-Diet Counseling: Infants



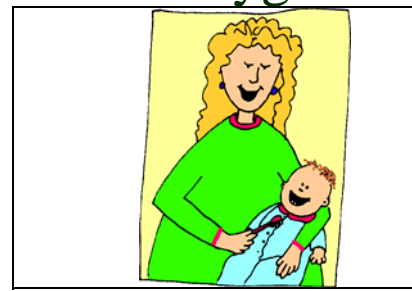
No juice or milk in bed.
Put only water in sippy cup.
Limit juices to once per day.
Drink juice only from a cup.
No soft drinks.
Limit sugar.
Provide only healthy snacks.
Ensure adequate fluoride in diet.

2. Anticipatory Guidance To Parents



Oral health guidance at 12 months.
Obtain medical and dental history.
Guidance on feeding practices.
Guidance on oral development.
Guidance on fluoride status.
Guidance on thumb-sucking.
Guidance on injury prevention.

5. Oral Hygiene Instructions: Infants



Place child's head in your lap.
Brush teeth and gums twice a day.
Crying is normal.
Be sure to brush at bed time.
Use a small, soft toothbrush.
Use tiny amount of F⁻ tooth paste.

3. Knee-To-Knee Dental Examination



Initial dental exam at 12 months.
Lift the lip.
Look for white-spot lesions.
Look for decalcifications.
Look for obvious dental caries.
Look for developmental defects.
Look for enamel hypoplasia.

6. Fluoride Varnish Application: Infants



Use the knee-to-knee position.
Teeth must be clean of plaque.
Teeth must be dried with gauze.
Use "wipe and paint" technique.
Place a thin film on all surfaces.
Give post-operative instructions.
No eating / drinking for one hour.
6-month recall program.