



## DENTAL GUIDE FOR KIDS 13 YEARS OLD AND ABOVE

FROM BABY TEETH TO THE ADULT TEETH  
TEETH GRINDING  
DENTAL CARE, FISSURE SEALANTS, ORTHODONTIST  
OVERJECTS, UNDERBITES, CROSSBITES  
FIXED AND REMOVABLE APPLIANCES

POND SQUARE DENTAL

# FROM BABY TEETH TO THE ADULT TEETH

Children usually have 20 baby teeth, 10 on the bottom and 10 on the top.

By the time your child reaches the age of 13, they will usually have 28 teeth (or 32 if all of their wisdom teeth erupt, though this may not happen).



**Temporary  
Teeth**  
(20)



**Permanent  
Teeth**  
(32)

## DENTAL HYGIENE

### TOOTH PASTE

- Use fluoride toothpaste containing between 1350 / 1500 ppm fluoride.
- Brush teeth twice daily for about 2 minutes.

### FLOSS

- Plaque removal
- Prevention of gum disease
- Cavity prevention
- Fresher breath
- Improved overall health
- Enhanced aesthetic appearance

### TOOTH BRUSH

Every child is different, but around the age of 10 years old, your child's mouth should be large enough for an adult toothbrush to fit comfortably. An electric toothbrush is also a great alternative if your child builds up plaque easily or if there are visible stains on their teeth.

### DIET

- Avoid sugary foods and beverages, refined carbohydrates, acidic and starchy foods.
- Drink water after eating to help cleanse the mouth.
- Limit between-meal snacking to help reduce the risk of cavities.

### DENTAL FILLINGS

Timely dental fillings aid with:

- Prevention of further decay
- Pain relief
- Preventing infection
- Esthetics and confidence
- Cost-effective care

# TEETH GRINDING

Teeth grinding, also known as bruxism, is a common condition in teenagers that can occur during the day or while sleeping. Here are some key points to consider regarding teeth grinding in teenagers

## CAUSES

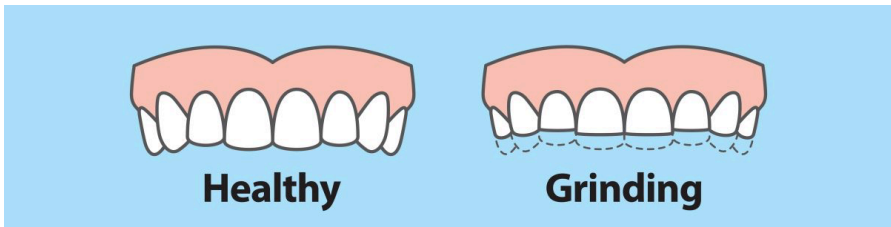
- **Stress and anxiety:** Increased academic pressures, social challenges, and changes in routine can lead to heightened stress, which may trigger bruxism.
- **Sleep disorders:** Conditions like sleep apnoea can contribute to teeth grinding.
- **Misaligned teeth:** Dental issues such as misaligned teeth (malocclusion) can lead to bruxism.

## SYMPTOMS

- Worn tooth enamel
- Jaw pain or discomfort
- Headaches
- Earaches
- Clicking or popping sounds

## TREATMENT OPTIONS

- Stress management
- Custom mouth guards
- Dental correction
- Medication - only in severe cases



## CUSTOM MOUTH GUARDS

A splint or bite guard is a device resembling a sports mouthguard. Constructed from a durable clear acrylic material, it is designed to fit over the upper teeth. The splint offers therapeutic benefits by protecting the teeth from wear, thereby minimising the likelihood of requiring future dental treatments and associated expenses.



## WHEN TO SEEK HELP?

If teeth grinding results in significant pain, damage to teeth, or disrupts daily life or sleep, it's important to consult a healthcare professional or dentist for further evaluation and treatment.

## ROUTINE DENTAL CARE

Teenagers should generally visit the dentist for a check-up and dental hygiene every six months. However, if a teenager has specific dental issues, such as braces or a history of cavities, the dentist may recommend more frequent visits. If your child has a sweet tooth, regular dental hygiene can aid cavity prevention. Regular checks allow us to stay ahead of potential future dental problems and either minimise or avoid them entirely.

## FISSURE SEALANTS

Fissure sealants are a preventive dental treatment used to protect the chewing surfaces of teeth, particularly the molars, from decay.

- Sealants are often recommended for children and adolescents as soon as their permanent molars erupt, typically between ages 6 and 12, but they can also be beneficial for adults with deep fissures or a history of dental caries.
- Cost effective in the long run as they prevent teeth from decay.



## MENTAL HEALTH AND SELF-ESTEEM

Oral health plays a vital role in overall self-esteem by affecting appearance, social interactions, communication, and even mental health. Addressing oral health concerns can be a crucial step toward improving self-esteem and overall well-being.

## ORTHODONTICS

Taking steps to prevent dental issues can lessen the need for orthodontic treatment in the future. Therefore, patients who would benefit from functional appliance treatment should be referred before they have undergone their growth spurt.

## WHAT IS THE ORTHODONTIST LOOKING FOR?

- Normal permanent teeth eruption or failure to erupt.
- Presence of malocclusion - teeth that do not align properly.
- Crowded or displaced front teeth.
- Long term management following trauma to the front teeth.
- Persistent thumb sucking habits.
- Early identification of sleep apnoea - repeated interruptions in breathing during sleep. If not addressed, it can lead to behavioural issues and ADHD.
- Unerupted teeth.
- Unfavourably positioned teeth.
- Developmentally missing permanent teeth.
- Poor quality teeth which may require timely extractions.
- Severe skeletal discrepancies- this is when the upper or lower jaw is too big or too small.

### HYPODONTIA - NOT ENOUGH TEETH

#### CAUSES

- Genetic factors
- Environmental factors, like trauma or infections during tooth development.

#### TREATMENT

- Resin bonded bridges or prosthetics to replace missing teeth prior to placing implants (age 20+)
- Early diagnosis and intervention are crucial for managing hypodontia effectively, as they can help improve dental function.



### SUPERNUMERIES - TOO MANY TEETH

#### CAUSES

- Genetic factors
- Developmental anomalies
- Associations with certain syndromes.

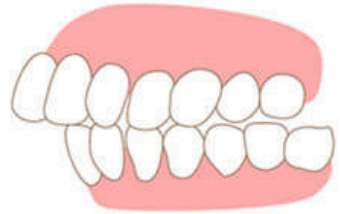
#### TREATMENT

- Extractions, if having too many teeth is leading to dental misalignment, pain, or other oral health problems.



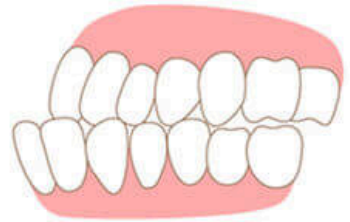
## OVERJETS

A horizontal distance between the upper and lower front teeth when the mouth is closed. It is an important aspect of dental occlusion and can influence both the aesthetics and functionality of the bite.



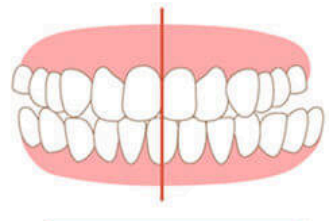
## UNDERBITES

A condition where the lower teeth protrude beyond the upper teeth when the mouth is closed. This misalignment can affect a person's bite, causing difficulty with chewing and speaking, and may lead to jaw discomfort, tooth wear, and other dental issues.



## CROSS BITES

A crossbite is a type of malocclusion where one or more of the upper teeth do not align properly with the lower teeth when biting down.



## FIXED APPLIANCES

- **Traditional metal braces:** The most common type, made from stainless steel. They are durable and effective for various orthodontic corrections.
- **Ceramic braces:** Made from tooth-coloured materials, they are less noticeable than metal braces. However, they can be more fragile and may require more care.
- **Lingual braces:** Installed on the back (lingual side) of the teeth, making them invisible from the front. They can be more challenging to clean and adjust but offer a discreet option.
- **Self-ligating braces:** These use a specialised clip instead of elastic ties to hold the archwire. They may allow for quicker adjustments and require less frequent visits to the orthodontist.

## REMOVABLE APPLIANCES

- **Retainers:** Used after orthodontic treatment to hold teeth in their new positions. Can be made of plastic, wire, or a combination of both.
- **Clear aligners:** Transparent, removable trays that slowly shift teeth into alignment (Invisalign).
- **Space maintainers:** Used in children who lose primary teeth early to maintain the space for permanent teeth.
- **Upper removable appliances:** Designed to widen the upper dental arch, often used in growing children.
- **Functional removable appliances:** Designed to modify the growth of the jaw and reposition the teeth, often used in cases of overbites or underbites.



## SPORTS GUARDS

We offer custom mouth guards. They are essential for protecting teeth and preventing injuries during sports activities. Not only do they provide a better fit and comfort compared to the standard mouth guards, but they also offer superior protection against impacts.

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