

CHILD'S FIRST DENTAL VISIT

A child's first dental visit is important for the child and especially for the parents. The little one has to accustom to a new world of dental chairs, heavy-robust instruments and to the never ending noises of dental hand pieces. It should be scheduled by their first birthday or within six months of their first tooth eruption, which ever comes early. The visit typically includes an examination of the teeth, gums, and jaw, a gentle cleaning if needed, fluoride application, discussions on oral hygiene and covering the other domains of anticipatory guidance.

Parents, as part of Wright's Treatment Triangle are an important part and their counselling is necessary to make the experience positive by maintaining a calm attitude and preparing the child for the visit.

Importance of 1st visit:-

The first visit to the dentist is most important. It plays a very crucial role in addressing the fears and anxiety of children towards dental treatment. If not handled appropriately it can lead to lifelong dental phobias.

How to prepare the child for 1st dental visit?

- Don't mention to the child what is going to happen in the first visit.
- Never treat dentistry as a threat to the child.
- Don't speak out your personal fears in front of the child.
- Familiarize the child to dentistry, a week before the scheduled visit by reading books to them or making them watch video.

The first visit plays a crucial role as, dentist provides the following information:-

1. Early childhood decay.
2. Feeding practices- Benefits of exclusive breast feeding ,when to introduce bottle
3. Maintaining proper oral hygiene of your child - which should be modified as the child grows.
4. Detailed information on teething, clearing the misconceptions associated with teething.
5. Any oral habits – Till age of 4 years ,thumb sucking is taken as a normal habit and beyond that, it has effects on the dentition and surrounding tissues
6. Prevention from dental trauma.
7. Importance of primary dentition as a natural space maintainer.
8. Importance of Fluoride as systemic and topical application.

