

**spadental**

Plymouth

**When should I visit a dentist?**

Children should start seeing a dentist from as young as 6 months old. Check ups for children are normally needed every 6 months but this can be adjusted with your dentist.

**What happens if I don't have a dentist?**

If you do not have a dentist for your children then you can go onto the NHS website to find a dentist in your area. If you would like your children to be seen at Spa Dental then you can book an appointment directly with our reception team. Our number is 01752 663870.

**Finding us**

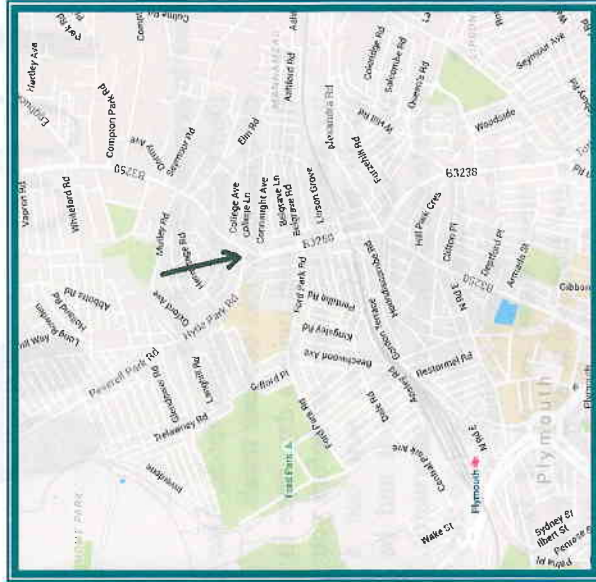
We are at the end of Mutley high street.

**Address**

2 Hyde Park Road  
Mutley  
Plymouth  
Devon  
PL3 4RJ



**We are here!**



**Looking after  
childrens teeth**

**spadental**

Plymouth

## Why visit a dentist?

One of the most common diseases to affect children is dental decay. Many children will develop dental decay and if it is not treated it can cause great pain and distress. Dentists are here to try and prevent this disease, and are here to help treat it when it has already developed. Unfortunately it is common for children to only visit the dentist when in pain. This can have a negative impact on children because they may then associate seeing the dentist with pain. Regular checkups mean children can get used to seeing the dentist and can be taught how to prevent tooth and gum disease.



## What happens when you visit the dentist?

The dentist will say hello and tell you what their name is. They will then ask you to sit in a chair and ask you to open your mouth so they can look at your teeth with a mirror that looks a lot like the one in the picture above. The dentist will look at the teeth and make sure there is no decay. The Dentist will also look to see how well you are cleaning your teeth. After this the dentist will talk to you and your Parent/Guardian about how you can look after your teeth better. If you need

anything else then the dentist will talk to you about this also.

## What is Dental decay?

Dental decay is when one of your teeth becomes soft and develop holes. This happens when you eat food with sugar in it. This sugar gets turned into acid in your mouth and this acid is what attacks your teeth.



## How to prevent dental decay

- Don't eat too many sugary foods. Also cut down on snacks between meals
- Brush your teeth twice a day, once in the morning and once just before you go to bed. Make sure you use a toothpaste with fluoride in it and be sure to spit all the foam out afterwards.
- Visit your dentist twice a year so they can check your teeth are healthy.
- Drink more water instead of fizzy drinks and fruit juices. Many of these types of drinks have a high sugar content and are acidic.



## When do teeth erupt?

Baby teeth start to show when your child is around 6 months old, these baby teeth will continue to erupt until the child is around 2 years old. Baby teeth will eventually get replaced by adult teeth and this process starts from the age of 6. Most of the adult teeth are present by the age of 13.