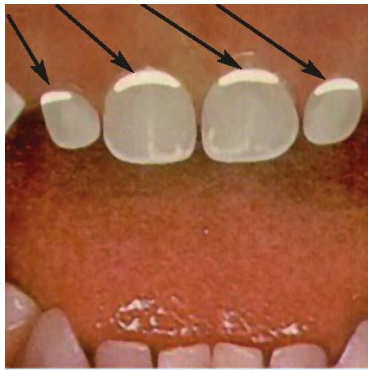


Spots... What Spots?

SPOTS... WHAT SPOTS?

Cavities are made when there is a lot of plaque, a white, sticky substance on teeth made up of bacteria, sitting on the teeth, gums and tongue. These bacteria make acid. When the plaque is sitting on the teeth for a long period of time, the acid wears away or eats at the enamel and forms a hole or cavity.



WHAT ARE WHITE SPOTS?

White spots on teeth are areas where your child's teeth may seem whiter than the rest of the tooth surface. White spots are most often found on the tooth near the gums. Everyone wants their child to have white teeth, but these white spots are actually the first sign that cavities are starting to form on the tooth. White spots are there because the hard white outer surface, the enamel, is beginning to break down. The white spot is a place where the tooth is a bit softer. White spots can lead to more serious dental disease, like Early Childhood Caries or cavities.

Spots... What Spots?

DO WHITE SPOTS NEED TO BE TREATED BY A DENTIST?

No, but if you find white spots on your child's teeth, an oral health screening should be done by a trained professional or a consultation may be scheduled with a dental hygienist or dentist. They will be able to answer your questions, help you with suggestions to reduce the amount of sugar in your child's diet, suggest fluoride options and behavioral changes to prevent cavities and oral health problems.

At home you need to pay very close attention to brushing your child's teeth with a fluoride toothpaste at least 2 times per day to keep these areas clean and limit sugary snacks and drinks. If your child is still using a bottle or sippy cup at naptime and bedtime it should contain plain water only – no juice, soda or milk. It is also important to periodically “lift their lip” and check the white spots while you are brushing to be sure they are not getting bigger or turning brown.

PREVENTION IS THE BEST DEFENSE AGAINST DENTAL DISEASES, LIKE CAVITIES!