

How To Prevent Tooth Decay

What You Should Know About Tooth Decay

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Great Faces
Great Smiles



- Brush your child's teeth twice a day with a small toothbrush and toothpaste. Wipe a baby's mouth with a clean, soft cloth.
- Take your child to the dentist at least once a year, beginning at age one.
- Look in your child's mouth for signs of tooth decay once a month.
- Tooth decay can be spread. Don't share things that have been in your mouth with your child.
- Avoid sweet drinks, candy and soft drinks. If a baby needs a bottle at bed or nap time, use water only.



You Can Prevent This



Early Decay



Tooth decay may first look like a small spot on the tooth. Lift the child's lip and look for white or brown spots on the teeth.

Moderate Decay



Tooth decay may begin to make a hole in the tooth. A child may start to feel pain, mainly after eating or drinking hot or cold foods and beverages or sweets.

Severe Decay



As tooth decay gets worse a child will feel more pain. A young child may become fussy. A child may also be unable to eat or sleep.

Abscess



If tooth decay is not treated, the root of the tooth dies. The pain may stop, but the infection continues to spread, creating an abscess and making the child sick. In some cases the infection can cause death.