

DR VISHWAS MADAN

BDS MDS (GOLD MEDALIST)

CONSULTING DENTAL SURGEON | GUM CARE & IMPLANT SPECIALIST

Preparation of children by educating parents

DOs and DONTs while bringing your child for his / her dental visit

Dos	DONTs
<p>Tell your child that you are going to a friend / uncle who's also a doctor and likes children, and he may just check the teeth.</p> <p>Tell him/her that getting teeth examined regularly may help finding problems - blackness, cavities early.</p> <p>If possible, both the parents must remain present with the child in the first visit.</p> <p>Give your doctor enough time to talk to your child. The time spent initially on building rapport and gaining his/her confidence will in turn save the time required for treatment later.</p> <p>85-90 % Children can cooperate for all dental treatments. Help your doctor in not only treating the child but instilling in him/her, a positive attitude towards dentistry.</p> <p><u>Whenever the doctor wishes leave your child alone with him.</u> The 1:1 communication between your child and the doctor is the key to successful dental treatment.</p> <p>Get your <u>child's complete medical record</u> (including immunization status) for doctor's assessment. Also get his/her school performance card.</p> <p>Insist on understanding complete treatment programme, including the preventive measures and follow-up.</p>	<p>Don't tell your child about pain, blood, injections, etc. in the first place.</p> <p>Don't tell him/her something like - "because you don't brush you teeth properly, doctor will give you an injection.." or "because you eat chocolates, your spoiled teeth will be removed by doctor"!</p> <p><u>Don't insist on starting the treatment in the first itself.</u></p> <p>Don't voice your own fears about dentistry (pain, blood, etc) in front of children. Your dentist can answer your queries separately.</p> <p>Avoid dental appointments during the naptime or when he/she is too tired.</p> <p>Don't bribe him/her with a gift beforehand. You may reward an appropriate behaviour in the clinic (if obtained) later.</p> <p>Don't make complaints of the child's behaviour to the doctor. Also, don't expect perfect behaviour at all visits.</p> <p>Don't promise him/her in advance about the time the doctor would take a treat, the pain he/she might get, etc. which can mislead him/her. Simply say you don't know.</p>



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