



Eating Habits and Pediatric Dental Crowns

Foods that are appealing, but **dangerous**:

Bubble Gum
Caramel
Sticky Sweets

These three types of food may cause trouble, as may other foods. Use common sense or if you are in doubt, **ask the doctor** about some food you enjoy eating.

Avoid eating

Sticky foods - these foods tend to pull the crowns off.

Foods high in sugar content - **avoid** whenever possible. If you do eat any of them, brush your teeth immediately. If not convenient to brush, then always rinse your mouth vigorously with clear water after eating sweet foods.

Note: Breads, crackers, and pastas have recently been discovered to have high cavity producing potential due to their sugar (starch) content coupled with their relatively slow clearance from the mouth. Snacking in moderation (2-3 times/day) or eating snacks in conjunction with meals is an excellent preventive measure. Regular use of the new fluoride rinses are highly recommended as they help protect the teeth from decay. Mechanical aids such as the Interplak Toothbrush, Sonicare Toothbrush, and Waterpik can be very helpful. These items may be carried in stock at our dental office. Please consult Dr. Adams or his assistants if you have any questions.

Remember, decay progresses very rapidly in baby teeth because of their relatively thin enamel. Regular flossing of the child's teeth, aided by the parent, should be routine so that food will not sit between the teeth or get trapped under the edge of the crown(s). Flossing should be done by bringing the floss down through the contact point of adjacent teeth into the gums and then pulling the floss sideways out from between the teeth. Pulling the floss back up through the teeth may dislodge the crown. Please call if you have any questions.

