

## **TREATMENT OF DENTAL CARIES IN CHILDREN**

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### **ANNOTATION**

Compensated caries-the disease grows gradually or its development stops altogether. Sub compensated-the development of the disease is very slow, and parents do not notice it for a long time. Decompensated-rapid destruction of tissues, accompanied by signs of violence. This form requires immediate treatment

**Key words:** dentistry, diagnosis, orthodontic treatment, child is malnourish

### **INTRODUCTION**

- Problems in the health of the mother

If caries is formed in a child before the age of two, first of all, it is necessary to pay attention to the health of the mother – especially how the period of pregnancy and breastfeeding has passed. At this time, the baby's milk teeth come out. The lack of vitamins and minerals in pregnancy, what medications they take, whether there was a risk of miscarriage or not, etc. directly affect the health of the child's teeth.

- Improper diet

When a child is malnourished or his body does not receive the necessary proteins, vitamins and minerals from food, insufficiently strong tooth enamel and dentin-hard tooth tissue are formed. Useful substances may not be absorbed if the diet contains a large amount of processed products and harmful foods that reduce the acidity of gastric juice.

#### Hygiene

Every day, protein compounds settle on the surface of the teeth, which serve as a source of reproduction of harmful microorganisms, which leads to caries. They should be cleaned regularly — at least twice a day.

#### Genetics

The occurrence of caries in a child is due, for example, to the disproportionate ratio of calcium and phosphorus in enamel, or partly to heredity. But a lack of more vitamins and minerals than genes and improper oral care contributes to tooth decay.

#### Prevention

In order for the child not to have caries, the mother must eat correctly and completely during pregnancy and lactation. A woman's diet should be rich in calcium and vitamin products. In addition, it is important to monitor the child's nutrition, teach him daily oral hygiene.

#### Complementary foods

The essence of the method is that the baby eats adult food at a common table with his parents. The child learns to chew and naturally adapts to the taste and texture of different foods, which allows for a varied and balanced diet. In addition, chewing solid food stimulates the production of saliva, which removes food residues from the surface of the teeth, maintains an acid-base balance in the mouth and protects against tooth decay.

#### Initial Hygiene

Milk can and should take care of the child's oral cavity even before the appearance of teeth. For example, after each feeding, it is recommended to wipe the mouth with a special napkin or sterile gauze. This is necessary, first, to create a habit, and secondly, to prevent stomatitis. In addition, massaging the gums will make it easier for the teeth to come out. With the appearance of the first tooth, it is necessary to use a toothbrush with a small and soft brush. To maintain interest in the procedure, it is also possible to choose a paste and brush with a child.

#### Under 16 and older

In adolescence, children often stop caring for teeth, eating harmful products. This can lead not only to diseases in the oral cavity, but also to problems with the thyroid gland, psoriasis and other body organs. To avoid this, various psychological methods are used when teaching a child to a healthy lifestyle, but the

parents themselves can be an excellent example, which ultimately forms healthy habits.

Treatment and recovery

If caries has already been identified in a child, it is necessary to use standard methods of treatment and, in parallel, determine the causes of its occurrence. A complete blood analysis is carried out, protein and vitamin D levels are checked. If there are deficiencies, they must be replenished. For example, calcium-rich foods should be included in the diet. If the child is fed breast milk, then it is also recommended to carry out an examination of the milk.

Unfortunately, with a 100 percent guarantee, it is impossible to prevent the formation of caries in a child, but the risk of its occurrence can be reduced. The appearance of caries in children always indicates that something in the body is working incorrectly. Therefore, of course, it is necessary to undergo a doctor's examination.

Many parents begin to worry that their child will develop a gap in age. In particular, a similar problem applies to babies with signs of dental caries.

It is very important to know what causes such a disorder, what is the peculiarity of symptomatology. Complex diagnosis and treatment of dental caries in children is important to prevent serious problems and complications.

Before treating caries in children, you need to know exactly what the disease is, how it goes, as well as what stages of development and complications. This disease is a complex lesion of dentin and tooth enamel. This process is much slower and gradually affects all tissues. Even the smallest children can develop carious cavities.

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