Oral Healthcare in Pregnancy and Infancy

Also by Bruce Hunter

Dental Care for Handicapped Patients
(Dental Practitioner Handbook No. 36)

Oral Healthcare in Pregnancy and Infancy

LINDSAY HUNTER BDS, MScD, FDSRCS (Edin)

*Lecturer/Honorary Senior Registrar in Paediatric Dentistry, University of Wales
College of Medicine Dental School*

and

BRUCE HUNTER BDS, DDS, FDSRCS (Edin and Eng)

*Consultant in Paediatric Dentistry,
University Dental Hospital NHS Trust
Honorary Senior Lecturer in Paediatric Dentistry, University of Wales College of
Medicine Dental School*

© Margaret Lindsay Hunter and Bruce Hunter 1997

All rights reserved. No reproduction, copy or transmission of this publication may be made without written permission.

No paragraph of this publication may be reproduced, copied or transmitted save with written permission or in accordance with the provisions of the Copyright, Designs and Patents Act 1988, or under the terms of any licence permitting limited copying issued by the Copyright Licensing Agency, 90 Tottenham Court Road, London W1P 9HE.

Any person who does any unauthorised act in relation to this publication may be liable to criminal prosecution and civil claims for damages.

First published 1997 by

MACMILLAN PRESS LTD
Houndmills, Basingstoke, Hampshire RG21 6XS
and London
Companies and representatives
throughout the world

ISBN 978-0-333-64082-1 ISBN 978-1-349-13791-6 (eBook)
DOI 10.1007/978-1-349-13791-6

A catalogue record for this book is available
from the British Library.

This book is printed on paper suitable for recycling and
made from fully managed and sustained forest sources.

10 9 8 7 6 5 4 3 2 1
06 05 04 03 02 01 00 99 98 97

To Iain, Alyn, Martyn and Rowan

CONTENTS

<i>List of figures</i>	viii
<i>Preface</i>	ix
<i>Acknowledgements</i>	xi
1 An introduction to oral anatomy	1
2 Diseases and disorders of the teeth and supporting structures	13
3 Oral and dental problems associated with pregnancy	27
4 Oral self-care in pregnancy and lactation	35
5 Dental treatment during pregnancy	47
6 Teething	55
7 Why care for the deciduous dentition?	63
8 Prevention 1: diet	69
9 Prevention 2: oral hygiene	81
10 Prevention 3: fluorides	93
11 Oral and dental problems of sick children	101
12 Miscellaneous abnormalities of the teeth and oral soft tissues of pre-school children	119
<i>Index</i>	131

LIST OF FIGURES

1.1	The deciduous dentition	3
1.2	The permanent dentition	4
1.3	The dental tissues	6
1.4	The surfaces of the teeth	8
1.5	The supporting structures of the teeth	10
9.1	Position for cleaning an infant's teeth	83
9.2	The lap to lap position for cleaning a toddler's teeth	84
9.3	Position for cleaning teeth with the toddler sitting	86
9.4	Position for cleaning a pre-school child's teeth standing	87
9.5	Position for cleaning a pre-school child's teeth sitting	88

PREFACE

The two principal dental diseases are intimately related to life-style. Tooth decay and gum disease are well known to be linked to personal preferences and habits about diet and oral hygiene. Such personal factors become established early in life and may require considerable effort to change. We believe it is important for future oral health that appropriate dietary and oral hygiene practices become an integral part of the daily routine for every child from birth. In addition to family influences, the role of the healthcare professionals who come into contact with pregnant and new mothers must be crucial. Of these the midwife and the health visitor are perhaps the two key personnel.

We encounter daily parents who have not been equipped with the necessary knowledge to ensure their children grow up with healthy teeth and gums. Either they were never offered information or it was not made available in a manner that they could assimilate. As parents ourselves we found little advice available to ensure our children's future oral health from the professionals who in other ways lent us excellent support.

From conversations with health visitors and midwives we identified a gap in their own knowledge of how oral health can best be achieved. Whether it was information about how the teeth developed, problems with teething, how to advise on controlling the sugar content of the diet of a new infant or toddler, or when to start cleaning a child's teeth and how often, there was a need for an easily read text. Similarly there was a need for information on the oral and dental problems associated with pregnancy.

With this background we wrote this short text which we hope will be of value to midwives, health visitors, nursery nurses, chil-

dren's nannies and others who find themselves advising parents and caring for children themselves. It is not intended to be a reference work for the academic researcher, although pointers to further reading have been given. Rather it is intended to be read by the practising professional, and used as a resource as and when the situation requires it. Our ultimate aim is to promote wider dissemination of how to achieve oral health for the pregnant mother and for pre-school children through giving parents and others who care for children the required knowledge.

LINDSAY HUNTER
BRUCE HUNTER

===== ACKNOWLEDGEMENTS =====

We particularly want to acknowledge the help and skill of Edwina Wyver, who not only read the text and made suggestions but also drew the excellent and imaginative diagrams. We are grateful to Mike and Jane Evans, and Monica Dennis, for reading the manuscript and for their always constructive comments.

L.H.
B.H.