

# The Chairside Instructor

A Visual Guide to  
Case Presentations

*12th Edition*



# Fluoride

## Fluoride for Children

### Children younger than age 3

Begin brushing your child's teeth as soon as teeth begin to come into the mouth. Use no more than a grain-of-rice-sized amount of fluoride toothpaste on the brush. Watch children to make sure they don't swallow the toothpaste.

### Children ages 3 to 6 years

Put no more than a pea-sized amount of fluoride toothpaste on the toothbrush. Help your child brush and teach him or her to spit out the toothpaste and not swallow it.

### Mouth rinses

Fluoride mouth rinses are not recommended for children under 6 years. Parents should keep an eye on children under 6 years when they use any dental product with fluoride. More fluoride is not always better. These products should be stored out of the reach of young children.



For children under three years old



For children three to six years old

**Before**  
WATER FLUORIDATION,  
children had about  
**3** times  
as many  
CAVITIES



# Sugar and Its Effects

## Sugary Food and Drinks Harm Your Teeth

**Plaque** is the sticky film of bacteria that forms on teeth. When plaque is left on your teeth, the bacteria in the plaque use the sugar left over from food and drinks to make acid.

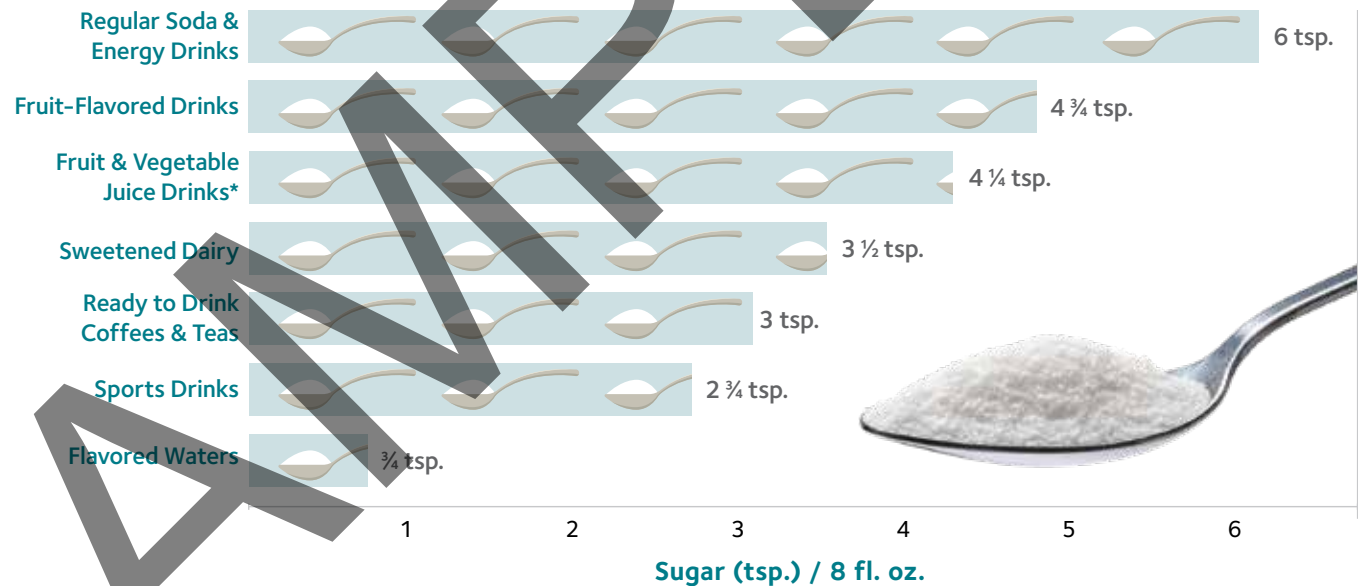
The acid attacks and can wear away your **enamel**, and cavities can start to form.

Having sugary foods or drinks many times a day allows bacteria to make acid throughout the day. This raises your risk of getting cavities.

**Cavities beyond the earliest stage do not go away on their own and must be treated by a dentist.**

## How Much Sugar Are You Drinking?

A lot of sugar can slip by in the things you drink. Take a look at how much added sugar there is in popular beverages like fruit drinks and sodas.



\* Excludes 100% fruit and vegetable juices and juice concentrates, because all products contain 0 g **added** sugars, following FDA regulations.  
Source: Developed based on data from Ng SW, Ostrowski JD, Li KP. 2017. Trends in added sugars from packaged beverages available and purchased by US households, 2007–2012. *American Journal of Clinical Nutrition* 106(1):179–88.



Prevention and Diagnosis

# Root Canal (Endodontic) Therapy

Your teeth are meant to last a lifetime. If a tooth becomes diseased or injured, it can often be saved through root canal therapy.

## Steps of Root Canal Therapy



Healthy tooth and root



Tooth with serious decay and an abscess (pus-filled sac) at the root.



The decay is removed and an opening is made through the crown of the tooth into the pulp chamber.



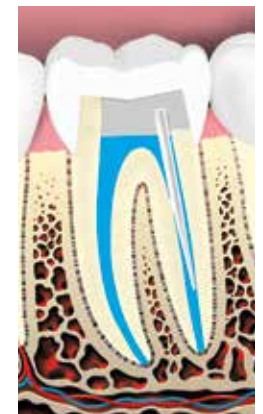
The pulp tissue inside the root is removed, and the root canals are cleaned, shaped, and disinfected.



The root canals and pulp chamber are filled.



If there is not enough tooth to hold the restoration, a post may be placed in the root canal to help retain the core (filling) material, which supports the restoration (crown).



The crown of the tooth is then restored.



# Teeth Grinding and Clenching (Bruxism)

## What is Bruxism?

**Bruxism (BRUCKS-is-im)** is a habit of grinding or clenching your teeth. It can happen at any age.

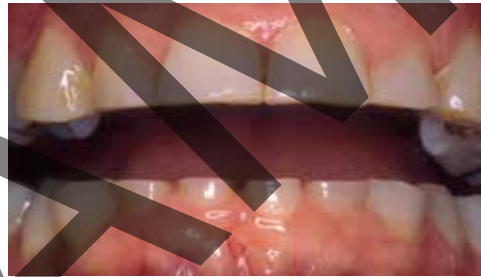
People who suffer from bruxism may have one or more of these symptoms:

- headache
- sore jaw
- jaw clicking
- frequent toothaches
- sensitive teeth
- facial pain
- worn or cracked teeth or fillings
- tongue indentations
- trouble sleeping

## How is Bruxism Treated?

Treatment depends on each person's situation. Your dentist may recommend one or more of the following treatments:

- lowering your stress level
- a protective night guard worn over your teeth while sleeping
- medication for pain or muscle spasms
- exercises to relax jaw muscles
- fillings or other dental treatment to repair damaged teeth



Teeth worn by bruxism  
Image ©Elsevier Inc. All rights reserved.



Teeth worn by bruxism



# Snoring and Sleep Apnea

## Common Treatment Options:

- **Changes in your lifestyle**, like losing weight and/or avoiding alcohol and tobacco may help to improve or lessen your symptoms.
- **Using a continuous positive airway pressure, or CPAP,** device while you sleep. This device is worn like a mask, and it pushes a stream of air to keep your airway open and help you breathe easily.
- **Wearing a custom-made oral appliance from your dentist.** This is known as oral appliance therapy and is designed to help shift your jaw forward when you sleep. This jaw position prevents your airway from closing. The appliance fits like a mouthguard.
- **Upper airway surgery** may be recommended if these treatment options are unsuccessful



Oral appliance for sleep apnea  
Image ©Elsevier Inc. All rights reserved.

*Sleep apnea affects millions of people in the United States. Though snoring is a common sign of sleep apnea, not everyone who snores has sleep apnea. The best way to know for certain is to consult with your dentist and physician.*



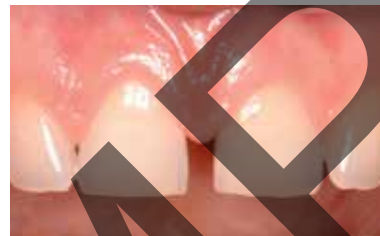
# Veneers

A **veneer** is a thin covering that is placed over the front (visible) part of the tooth. Veneers can be used to correct a wide range of dental issues, such as:

- Enamel that is worn, dull, or chipped
- Stained teeth
- Crooked or misshapen teeth
- Uneven spaces or large gaps between the upper front teeth

Veneers are made of either ceramic or composite resin material. Your dentist will help you choose the material best for you.

## Ceramic Veneer Placement



Before placement  
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After placement  
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## Composite Resin Veneer Placement



Before placement  
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After placement  
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