



**Is it necessary to use a tongue-scrapper to clean the tongue of my 5 year old?**

There is no hard and fast rule. If your child is comfortable with using the tongue-scrapper, then by all means use it. However, if he does not like using it, then it is good enough to just brush his tongue with a toothbrush. The tongue-scrapper may be a little too harsh for his tongue. In fact, it may cause him to dislike brushing his teeth.

If your child tends to retch easily, then I would suggest that you go slow with brushing the tongue. Perhaps, you can start by brushing the tip of his tongue first before proceeding a little further inwards with every brushing session.

**My child has ulcers quite often. Is it a cause for concern?**

Mouth ulcers are quite common in both children and adults. They can be of traumatic, dental or medical origin. Often than not, mouth ulcers are usually seen as a result of trauma like cheek-biting, lip-biting, hit on the cheeks or lips, fishbone pricking the gums and burns from hot food and drinks.

Mouth ulcers can also be due to grazing from a toothbrush, sharp teeth or braces, dental abscesses and poor oral hygiene. Take your child to a dentist for advise if you suspect any dental causes for mouth ulcers.

Mouth ulcers usually do not raise much concern unless they do not heal within 2 - 3 weeks. Seek a medical doctor's advise if you have eliminated the traumatic and

dental causes of mouth ulcers.

Food allergies, stress, anxiety, hormonal changes, lack of iron or folic acid and an immune-suppressed system can cause mouth ulcers too.

**Our 4 year old daughter has some decayed teeth. She is not cooperative on the dental chair. Can we delay treatment and not subject her to treatment under general anaesthesia?**

Dental treatment under general anaesthesia is generally a safe procedure. It is also a faster and less traumatic way to solve your daughter's dental problem, especially if she is already experiencing dental pain.

You may be able to delay her treatment if the cavities are small. In this case, help her to keep the cavities as clean as possible. Apply toothmousse daily on her teeth, concentrating more on the cavities. The toothmousse helps to slow down the rate of decay. Ask your dentist for more information about this dental product.

Continue to take her back to the dentist in an attempt to treat her on the dental chair.



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