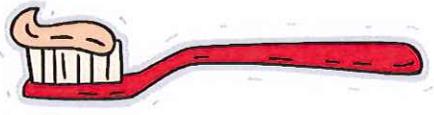


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*For information on the
Dental Clinic, appointments,
and the Gray Area Voucher
Program, please call:*

(301) 600-1041

Frederick County
Health Department

Dental Program

350 Montevue Lane

Frederick, MD 21702

(301) 600-1041

**Frederick County
Health Department**



Dental Services



350 Montevue Lane

Frederick, MD 21702

(301) 600-1041

www.frederickcountymd.gov

County Dental Services Available



The Frederick County Health Department provides the following dental services for residents of Frederick County:

Dental Clinic – Pediatric Services

The Dental Clinic is located at the Frederick County Health Department Developmental Center, 350 Montevue Lane, Entrance D, Frederick, Maryland 21702. Clinic services are by appointment only: Monday through Friday from 8:15 a.m. to 4:00 p.m.

The clinic provides all Pediatric Dental care for patients 18 years of age and under. Services include emergency care, examinations, teeth cleanings, digital x-rays, fluoride treatments, sealants, comprehensive restorative dentistry, including fillings, pulpotomies, and crowns on baby teeth, space maintainers, night guards and oral health education. We accept all Medical Assistance cards. For patients without insurance, fees will be determined by income and family size. Please call 301-600-1041 to schedule your child's next appointment.

Gray Area Voucher Program – Adult Services

No adult treatment services are provided at the Dental Clinic. A Gray Area Voucher makes oral surgery procedures available to all ages at a reduced rate. Some local private Oral Surgeon offices have volunteered to provide their services in their office at a reduced fee. Contact the Dental Clinic for more details.

Oral Hygiene Education Program

This program is available to the Frederick County School System and associated organizations. Dental personnel will present programs to classes upon request, our schedules permitting. Contact the Dental Clinic for details.

TIPS FOR CAVITY FREE KIDS

- ✓ Good dental health is important to your child's overall health
- ✓ Healthy teeth are needed for correct chewing and food digestion
- ✓ Healthy teeth may play an important role in the proper development of speech
- ✓ Healthy teeth help your child's face and jaws develop properly
- ✓ Untreated cavities lead to infected teeth which in turn lead to pain, tooth loss and serious medical problems
- ✓ Remember – unhealthy baby teeth will result in unhealthy permanent teeth. Healthy baby teeth will result in a lifetime of good dental health. Most children are born with healthy teeth. *Even if parents and grandparents had poor dental health, your child CAN have cavity free teeth.*

5 EASY STEPS

1. Regular Checkups

By age 1 your child should be seeing the dentist every 6 months for checkups and cleanings

Regular dental checkups and cleanings should be fun for children. Don't wait for your child to develop a toothache before seeing a dentist.

2. Avoid Baby Bottle Tooth Decay

If your child goes to sleep each night with a bottle of milk, juice, or sugared drink, it may cause a lot of very bad cavities. Remember, DO NOT put your baby to bed with a bottle.

Children who often fall asleep while nursing may also get a lot of cavities. Try not to let your baby sleep for long periods of time while nursing.

Toddlers who have a bottle in their mouths for long periods of time, day or night, are at great risk for *baby bottle tooth decay*.

Always clean your child's teeth after the bedtime bottle.

Try to have your child drinking all liquids from a cup by age one year.

3. Fluoride to prevent cavities

Make sure that your child has enough of the mineral fluoride which prevents cavities.

Ask your dentist, physician, or county health department if you live in an area that has fluoride added to the water system. If your water does not contain enough natural fluoride to fight cavities, your dentist or physician can write a prescription for children.

If you have your own well in Frederick County, extra fluoride is also needed.

4. Good Oral Hygiene

Begin cleaning your child's teeth as soon as the first tooth appears.

The most important time for you to clean your child's teeth is at bedtime.

Start with a washcloth and gently wipe the teeth. When a few teeth come in, switch to a soft toothbrush.

Brush all sides of each tooth and be sure to brush the grooves of the back teeth.

Brush gently at the gum line on both the cheek and tongue sides of the tooth.

You must help your child brush his/her teeth until about age 7. Young children do not have the hand skills to do a good job on their own.

When brushing the teeth, have your child lie down on his back. This will make it easier for you to see all of the teeth.

Choose a toothpaste that contains Fluoride and has the approval seal of the "American Dental Association."

If your child is too young to spit out, just use a small speck of toothpaste on the brush.

5. Sensible Snacks

Avoid sticky sweets such as hard candy and lollipops, taffy and chewing gum unless it's sugarless.

Avoid sweet drinks such as soda, kool-aid, gatoraide or iced tea with sugar. Serve milk and water.

Try to limit the number of different times each day that you eat or drink something containing sugar.