

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

DENTAL CLINIC – PEDIATRIC SERVICES

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 proof of income and family size.

Please call 301-600-1041 to schedule your child's next appointment.

DISCOUNT VOUCHER PROGRAM – ADULT SERVICES

No adult treatment services are provided at the Dental Clinic. A Discount 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 details.



DENTAL CLINIC

Frederick County Health Department
350 Montevue Lane
Frederick, Maryland 21702
(301) 600-1041

By appointment only:

Monday - Friday from 8:15 a.m. - 4:00 p.m.

Frederick County
HEALTH DEPARTMENT

**DENTAL
CLINIC**



GROWING
healthy smiles

Frederick County Health Department
Dental Clinic
350 Montevue Lane
Frederick, MD 21702
(301) 600-1041

ORAL HYGIENE EDUCATION

This program is available to the Frederick County School System and associated organizations. Dental personnel will present programs to classes upon request, 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 and education.
- ✿ 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.

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5 Easy Steps

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.

Early childhood tooth decay

If your child goes to sleep each night with a bottle of milk, juice, or sugared drink, it will cause a lot of 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 early childhood decay. Always clean your child's teeth after the bedtime bottle. Try to have your child drinking all liquids from a regular cup by one year of age.

Fluoride is to prevent cavities

Fluoride is an important mineral that helps prevent cavities. Please discuss with your child's dentist or physician to make sure he or she is getting the proper amount of fluoride in their daily diet.

Good Oral Hygiene

Begin cleaning your child's teeth daily 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 should help your child brush and floss his/her teeth until 8-10 years of age. 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 tiny smear of toothpaste on the brush. Toothpaste should not be swallowed.

Sensible Snacks

Limit the number of times per day you snack and sip. This will help decrease your risk for tooth decay. Avoid sweet drinks such as fruit juice, soda, Gatorade, energy drinks, lemonade, kool-aid and sweet tea. Chew only sugar free gum, and drink water between meals.