

White Spots on the Teeth are Not Good News, the Issue which is Neglected!

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Many parents think that white spots on the teeth that do not have side effects for the child are harmless, and they should not be sensitive about it, while dentists have a completely different opinion on this issue. In fact, although many factors can cause white spots on teeth, in many cases, these spots are caused by the formation of grooves on the enamel and its vulnerability. In other words, it could be a sign of the onset of tooth decay in children.

White spots on a child's teeth may have been caused by hereditary, genetic, or congenital factors, that is, changes in the tooth's minerals. In fact, due to the mentioned factors, tooth enamel becomes thin or deformed in some areas during its developmental stages. These changes are considered congenital because they have formed in the enamel minerals during tooth development (before eruption) and have induced formation of weak enamel in these areas. On the other hand, in most cases, poor oral hygiene and the appearance of superficial caries, especially during infancy, causes the appearance of tooth stains in the next years of his life, especially from the age of four.

The child's dental visit should begin before the age of one and be repeated every six months. Mothers should also receive information about the formation of microbial plaque on their baby's enamel after each feeding. They should know the formation of microbial plaque leads to the production of acid that calcifies the teeth, which results in the formation of white spots on the child's teeth. For this reason, brushing child's teeth after breastfeeding should not be underestimated. Therefore, maintaining good oral hygiene from an early age is very important.

However, most pediatric dentists believe that in some cases, the cause of white spots on a child's teeth is the high absorption of fluoride during the development of permanent teeth (occurs during six months to five years of age) when the child is exposed to high fluoride drinking water.

Sometimes when mothers look closely at their baby's teeth, they notice that white spots have spread to the surface of the teeth, and in some cases they may see only a white spot on the tooth surface. Parents should be aware that white spots on the surface of the teeth are usually the first signs of tooth decay which may cause the possible perforation of the enamel in the future. The regular checkups every six months and scaling in a timely manner, could prevent tooth decays. White spots on the surface of the tooth indicate that the process of decalcification (the removal of calcium from the tooth structure) is taking place. Calcium depletion usually occurs due to poor diet and lack of saliva flow in the mouth that is irreversible. However, this condition can be managed by drinking plenty of water and many times, having appropriate diet as well as using fluoride-containing products for tooth mineralization.

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