



Review Article

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Infants and toddlers oral health care during COVID-19

A review

Diksha Sharma¹, Sanjay Chachra², Shivani Targotra², Sonika Peer²

¹ PG 3rd year student, Department of Pedodontics and Preventive Dentistry, Swami Devi Dyal Hospital and Dental College, Golpura, Haryana 134118, India

² Department of Pedodontics and Preventive Dentistry, Swami Devi Dyal Hospital and Dental College, Golpura, Haryana 134118, India

Abstract

Staying up healthy during this corona pandemic is very important along with that of the proper oral health care. Following up with a regular oral care routine plays an important role. It is bit difficult to seek treatment for the children during the novel virus. So, it is better to avoid any unnecessary visits to a dentist just by taking good care of the child's oral health.

Keywords: COVID-19, Oral health care, Parents and Children.

INTRODUCTION

In many of the studies it has been reported that that the COVID-19 epidemic started with a single transmission from animal to that of the man, which in turn followed by an important human-to-human transmission ^[1]. The human-to-human transmission of COVID-19 most commonly occurs through the respiratory droplets in air suspension and aerosol and through direct or indirect contact ^[2]. The vertical transmission from mother to an infant is still not confirmed ^[3]. It is also reported in the epidemiological results that paediatric COVID-19 infection is relatively milder as compared to the adults, and children are reported to have a better prognosis ^[2].

The prevention of oral health in children is based on the time at which the oro-dental check-ups takes a place ^[4]. In the COVID-19 epidemic, the unavailability of dental services lead to a sudden change in the dental checkups and treatment protocols as many countries restricted access to or strongly refused non-emergency dental services. So, the difficulty of managing regular follow-ups of dental check-ups makes it an important task to focus prevention on oral health education interventions that go through adequate remote information and hence counseling from your dentist is important so as to minimize the risk factors associated immediate interventions ^[1].

Infant Oral Health Care

To do:-

Babies before they get their teeth, it is advisable to do following things:-

- Using a soft, moistened washcloth or piece of gauze for cleaning the gum pads and oral mucosa .
- It is also advisable to gently wipe down baby's gums at least twice a day.
- Especially wipe baby's gums after every feedings and before bedtime.

This will wash off the bacteria's and prevent them from clinging to gums, these bacteria's can leave behind a sticky plaque that damages infant teeth as they come into the oral cavity.

***Corresponding author:
Dr. Diksha Sharma**

PG 3rd year student, Department of Pedodontics and Preventive Dentistry, Swami Devi Dyal Hospital and Dental College, Golpura, Haryana 134118, India
Email:
dikshamalhotra9919[at]gmail.com

Brushing in Toddlers

Brushing your child's teeth is not as easy it seems to be rather it is a difficult task. But, it is important to make sure that they brush their teeth thoroughly twice a day ^[1]. Brushing their teeth will help them removing plaque, which prevents tooth decay and problems that comes with it. It is very difficult to have check-up during the COVID-19 pandemic in different places around the world, so it's even more vital that your child keep brushing ^[2].

The points that should be taken into the consideration:-

- Brush your children's teeth for them up until the age of seven, then supervise their brushing to make sure they've got the right technique
- Make sure you've got good access to your child's teeth when brushing, so you can be certain you're doing it right
- Don't let your children rinse with, or drink water after brushing their teeth as you'll wash away the benefits of the toothpaste
- Make sure that you have access to all the teeth
- Avoid sugary foods and junk food. Diet affects dental health. The longer and more frequently your child's teeth are exposed to sugar and other foods that stick in the teeth (like chips, cookies), leads to the greater the risk of cavities.
- Hand hygiene The reinforcement of good hand hygiene is of fundamental importance especially in the period of transmission of the epidemic from COVID-19. Given the transmission characteristics of the SARS-CoV-2 virus, a bad compliance of hand washing in poses a challenge to controlling infection during the epidemic period ^[1,3].
- Mouthwash rinses It has been seen the chlorhexidine, the most commonly used mouthwash in dental studies, might have reduced efficiency against the SARS-CoV-2 virus and this virus appears to be vulnerable to several available disinfectants ^[5].

CONCLUSION

Parents plays an important role in the overall development of the child, so during and even after this pandemic times it is important for parents to ensure their child's oral health by taking all oral health measures to avoid any immediate interventions.

Conflict of interest

The authors declare that they have no conflict of interest.

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