

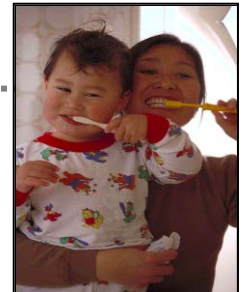
Pediatric Dental Surgery

Support & Information for Families

Your child is having or has had dental surgery to treat Early Childhood Tooth Decay. Dental surgery treats the current problem; it does not fix the reason why children get tooth decay. Your child can still get new cavities after they have had the operation. Assisting your child to take care of their teeth will help to stop cavities from happening again.

Here are some tips to keep your child's teeth healthy:

- It is important to take your child to the dentist for regular checkups after they have had dental surgery.
- Start taking your children to the dentist for a first visit by 12 months of age. This is a good way to look for early signs of dental problems. They will also give you tips on mouth care.
- Try to wean your child from the bottle by 14 months of age.
- Brush your child's teeth with fluoride toothpaste 2 times each day, especially before bed. Use a grain of rice sized amount of toothpaste for a child younger than 3 years of age and a green pea sized amount of toothpaste for a child over 3 years of age.
- Help your child brush their teeth until they are 8 years old.
- Try to give your child healthy snacks and drinks that do not have sugar in them. If sweet snacks and drinks are given, it should be at meal time.



For **oral health support** for your child and family please **contact your dentist** and/or the following contacts (listed on the back of this page):

Name of Regional Health Authority: _____

Contact: _____

Phone: _____

Email: _____

Health Links - Info Santé

Phone: (204) 788-8200

Toll free: 1-888-315-9257

Manitoba Dental Association

Phone: (204) 988-5300

Web: www.manitobadentist.ca

Email: office@manitobadentist.ca



Healthy Smile Happy Child

Phone: (204) 789-3500

Email: hshcinfo@chrim.ca

Web: www.wrha.mb.ca/healthinfo/preventill/oral_child.php



Menu of Manitoba Regional Health Authority Key Contacts

Please fill out the bottom of the front page (or circle) with the appropriate RHA contact for where the child resides.

<u>Northern Regional Health Authority</u>	
<p style="text-align: center;"><u>THOMPSON</u> Contact: Laurie Vallance Phone: (204) 778-1561 Email: lvallance@nrha.ca</p>	
<u>Southern Health – Santé Sud</u>	
<p style="text-align: center;"><u>SOUTHPORT</u> Contact: Dianna Meseyton-Neufeld Phone: (204) 871-6735 Email: dneufeld@southernhealth.ca</p>	
<u>Interlake-Eastern Regional Health Authority</u>	
<p style="text-align: center;"><u>RIVERTON</u> Contact: Marlene Whitby Phone: (204) 378-2460, Ext 7 Email: mwhitby@ierha.ca</p>	<p style="text-align: center;"><u>PINE FALLS</u> Contact: Michelle Berthelette Phone: (204) 367-5402 Email: mberthelette@ierha.ca</p>
<u>Winnipeg Regional Health Authority</u>	
<p style="text-align: center;"><u>WINNIPEG</u> Contact: Jeanette Edwards Phone: (204) 792-9577 Email: jedwards@whra.mb.ca Contact: Madeline Kohut Phone: (204) 791-7848</p>	<p style="text-align: center;"><u>CHURCHILL</u> Contact: Melissa Collins Phone: (204) 675-8327 Email: mcollins@wrha-ch.ca</p>
<u>Prairie Mountain Health</u>	
<p style="text-align: center;"><u>DAUPHIN</u> Contact: Holly Reimer Phone: 204-629-3002 (In region: 6002) Email: hreimer1@pmh-mb.ca</p>	
<p style="text-align: center;"><u>HAMIOTA</u> Contact: Antoinette Gravel-Ouellette Phone: (204) 764-2412, Ext 220 Email: agravelouellette@pmh-mb.ca</p>	<p style="text-align: center;"><u>BRANDON</u> Contact: Vanessa Hamilton Phone: (204) 578-2195 Email: vhamilton@pmh-mb.ca</p>