

# ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques



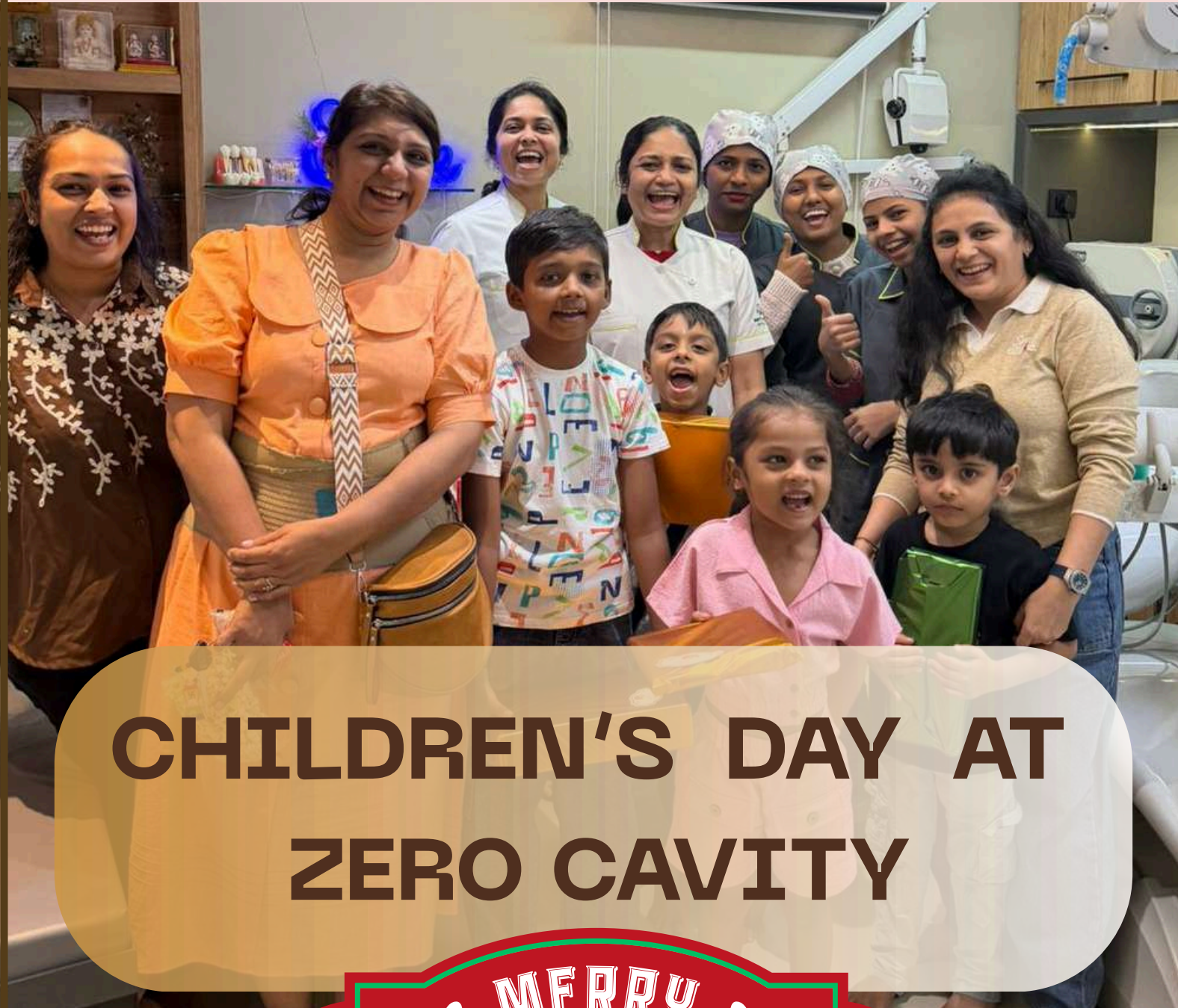
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## CHILDREN'S DAY AT ZERO CAVITY

MERRY  
**Christmas**

AND HAPPY NEW YEAR



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# ***Why Milk Teeth Are Important***



## **1. Help with chewing**

**Milk teeth let children break down food so they can eat well.**

## **2. Help with speech**

**They're needed to make sounds correctly.**

## **3. Keep space for adult teeth**

**They act as placeholders so permanent teeth grow in straight.**

## **4. Support jaw and face growth**

**Chewing helps the jaw develop properly.**

## **5. Prevent pain and infection**

**Healthy milk teeth protect overall health.**



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# ***No teeth yet??***

## ***This is how you clean your baby's mouth***



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- ***Wash your hands.***
- ***Wrap a clean, damp soft cloth or use a baby gum cleaner on your finger.***
- ***Gently wipe the gums, tongue, and inside of the cheeks after feeding.***
- ***Do this once or twice a day to keep the mouth clean and prevent bacteria buildup.***

**Simple routine: Damp cloth → gentle wipe → done.**

# ***Baby's First Tooth !!***

***Here is what you should look out for..***



- Drooling more than usual
- Putting hands/objects in the mouth
- Swollen or red gums
- Irritability or fussiness
- Trouble sleeping
- Reduced appetite
- Rubbing cheeks or pulling ears

*These signs usually appear a few days before a tooth comes through.*



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# *Teething issues.. we have got you covered*



- **Give a clean, chilled teething ring (not frozen).**
- **Gently massage the gums with a clean finger.**
- **Offer cold washcloth for them to chew on.**
- **If needed, ask your dentist about pain relief suitable for your baby's age.**

*Give extra cuddles and comfort.*





## WINNERS OF CHILDREN'S DAY CONTEST



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**"At 72, he regained more than a smile—  
full-mouth implants restored his ability to  
eat without fear and renewed his self-  
confidence."**



**BEFORE**



**AFTER,**



**zero cavity**

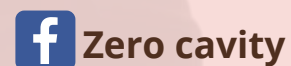
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*They say it..  
We love it..*

**We are extremely pleased with the staff and doctors, particularly Dr. Snehal Patel, who has made my son feel very comfortable from the beginning. They have developed a special bond over time, and he eagerly anticipates his return for dental check-ups. I strongly endorse them in the Matunga area, especially for children.**

**Mrs. Konica Dedhia**



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