ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques

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Healthy Little Smiles



Preventive Dental Care for Children

Small steps today.
Healthy smiles for
years to come.

Prevention is easier than treatment.
Let's give your child's smile the best start.

Check → **Protect** → **Prevent** → **Smile**

zero cavity
The complete DENTAL Care Center

01

1. Regular Dental Check-ups

A healthy smile starts with a simple visit.



Regular dental visits allow the dentist to monitor your child's teeth and gums, identify early signs of dental problems and provide guidance before small concerns become bigger ones.

What happens during a check-up?



Look –
The dentist checks the teeth and gums.



Clean –
Plaque and deposits may be gently removed.



Check –
The dentist looks for early signs of cavities or other concerns.



Guide –
Parents and children receive personalized advice.

A message for parents

Regular visits are not only about finding cavities. They are about keeping your child's mouth healthy and preventing problems before they start.

Parent Tip

- Make check-ups a routine every **6 months** for a lifetime of healthy smiles!



02 2. Fluoride Varnish

A quick layer of extra cavity protection.

Quick & Preventive



Fluoride varnish is a concentrated fluoride coating that can be professionally applied to teeth. It is quick to apply and may be recommended for children who need additional protection against tooth decay.



Brush on → Set → Protect



Why might a dentist recommend it?

- Increased cavity risk
- Early signs of enamel weakening
- Certain dietary or oral-health factors
- Individual preventive needs

How it helps protect



Fluoride varnish a thin protective layer on the surface

Tooth enamel natural, strong outer layer

Parent Message

Preventive treatments are personalized.
Your child's dentist can assess their cavity risk and recommend the treatments that are most appropriate.

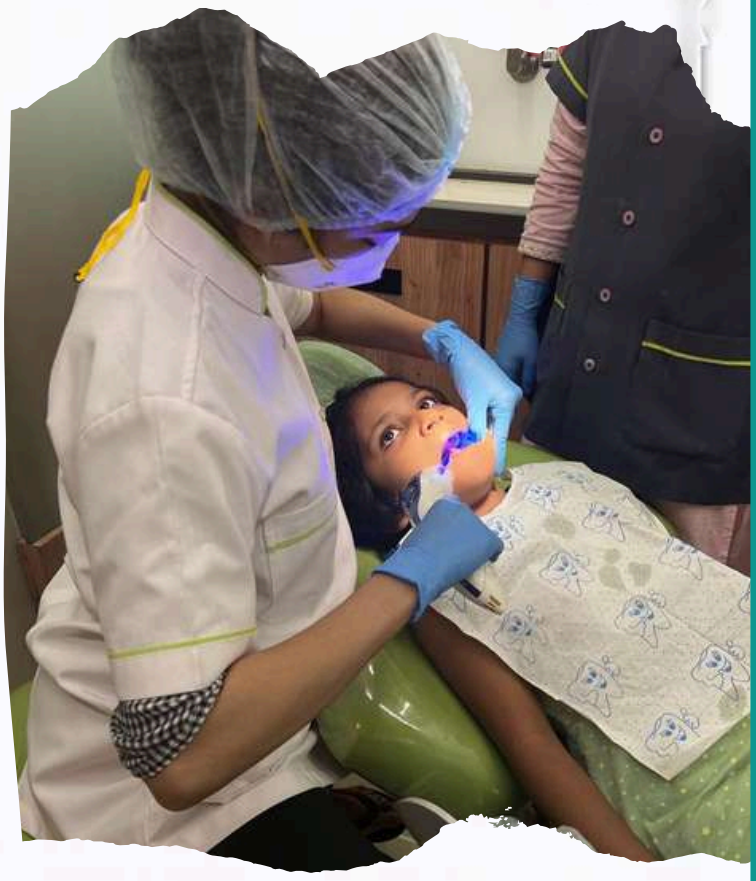


03

PROTECT

3. Dental Sealants

A protective shield for hard-to clean grooves.



Back teeth have natural grooves and pits where food and plaque can collect. Dental sealants are thin protective coatings placed over selected chewing surfaces to help keep these areas easier to clean and reduce the risk of cavities.



Clean Seal Protect





Sealants are like a raincoat for the grooves of your back teeth!



PARENT TIP

Sealants can be especially helpful for children whose back teeth have deep grooves or who may be more prone to cavities.

04 4. Professional Dental Cleaning

A fresh start for little smiles.



Even with regular brushing and flossing, some plaque and deposits can be difficult to remove completely. A professional cleaning helps keep teeth and gums healthy and gives the dental team an opportunity to check areas that may need extra attention.

At home:
Brushing + flossing



At the dental clinic:
Professional cleaning + examination + personalized guidance







Your toothbrush works hard.
A professional cleaning gives your smile an extra helping hand!

Parent Tip

Professional cleaning does not replace daily brushing and flossing. Instead, it complements your child's home-care routine.



At Home



At the Dentist



Healthy Smile

05 5. Daily Brushing & Fluoride Toothpaste

The most important preventive treatment happens every day.



Preventive dental care starts at home. Brushing twice a day with fluoride toothpaste helps remove plaque and strengthens tooth enamel. Children may need help or supervision with brushing until they can clean their teeth effectively on their own.



Brushing Steps


Use the recommended amount of fluoride toothpaste.


Brush all tooth surfaces gently.


Clean along the gumline.


Spit out after brushing.


Follow your dentist's advice about rinsing.

Toothbrushing Technique



Hold the toothbrush at a 45° angle to the gumline. Use small, gentle circular motions.

Use Fluoride



Fluoride helps strengthen enamel and prevent cavities.

2-Minute Timer



2:00 minutes

Family Challenge

Make brushing a family routine!



Parents: Your child may be able to hold the toothbrush—but you may still need to help with the brushing.

Your Child's Smile Starts With Prevention



Cavities don't always begin with a toothache. Regular preventive care helps us identify risks early, protect vulnerable teeth and build healthy habits that can last a lifetime.

5 Simple Ways Parents Can Protect Little Smiles

- Schedule regular dental check-ups.
- Help your child brush twice daily with fluoride toothpaste.
- Encourage healthy, tooth-friendly eating habits.
- Ask your dentist whether preventive treatments such as fluoride or sealants are appropriate.
- Make dental visits a normal, positive part of growing up.

Prevention is an investment in your child's comfort, confidence and long-term oral health.



Healthy teeth. Happy smiles. Confident kids.

Talk to your child's dentist about their personalized prevention plan.

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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

I have always had a true diagnosis here. My 9 year daughter who is so scared for any dental checkup or treatment but here at zero cavity she is very comfortable. They really treat kids with love and patience.

Mrs. Bhakti Rambhia

I am always completely taken aback by the level of professionalism you exhibit, Dr. Dhruti & Dr.Snehal. Aadi feels well cared for every time we come in, well explained entire process to a 5 year old and expell all his fear about his dental treatment.Thank you so much for your continued excellence.

Mrs. Namita Koradia

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