

Your child at our practice

Information for parents about children's treatment

Dear parents, we are happy to look after your child. Healthy baby teeth are important for eating and speaking. They keep space for the permanent teeth, guide them into the right position and support the development of the jaw.

So that treatment goes well for your child, we follow a clear process.

How treatment works

1

First appointment: getting to know each other and check-up

At the first appointment we get to know each other. We check your child's teeth and assess the situation. We also check whether your child can be treated while awake. In our practice, only treatment while awake is possible.

2

Preparation at home - the parents' task

If treatment while awake is possible, we book the first treatment appointment. Until then, you prepare your child at home to cooperate. You will find tips below.

3

Treatment

Your child comes to the appointment prepared. Before we start, we explain everything to your child in child-friendly language. Then your child receives local anaesthesia. Where possible, we treat all affected teeth in that area in one session.

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Alternative: general anaesthesia

If treatment while awake is not possible, your child can be referred for treatment under general anaesthesia. You will find the details at the end of this sheet.

How to prepare your child at home

Talking about it

- Talk about the dental visit a lot and calmly – ideally with positive or neutral words such as cleaning, polishing, Maya the Bee, little stars, glue and the like.
- Describe the visit as something normal and friendly, for example: “The dentist cleans your teeth and makes them healthy again.”
- Please avoid phrases like “It won't hurt” or “You don't need to be afraid” – they confuse your child.
- Read a picture book about going to the dentist together.
- Present the dentist as a helper who keeps teeth healthy, and share your own good experiences.

Practising at home

- Play “dentist”: your child lies down, opens their mouth wide and you count the teeth. Then your child may count yours or a cuddly toy's.
- Practise keeping the mouth wide open for a long time, lying still and keeping the hands down – for example like a crocodile, until you have counted to 20.
- Make toothbrushing a fixed ritual every morning and evening. Brush your own teeth too, as a role model, and brush again for young children.

On the day of the appointment

- Bring your child to the appointment well rested and having eaten.
- Your child may bring their favourite cuddly toy.
- Promise a small reward for joining in – but without bargaining. Every effort counts.
- If you are very afraid of the dentist yourself, another calm person your child trusts is welcome to come instead. The confirmation must in any case be signed by a parent or legal guardian.

Please note in the treatment room

Our aim is a calm and harmonious experience for your child.

- Only one companion per child is possible – a parent or a trusted person. Siblings and any other companions please wait outside.
- We explain everything to your child in child-friendly language – with words and pictures children understand well. During the appointment, please therefore leave communication with your child to our professional staff. When two people speak at once, children become unsure.
- Let your child answer for themselves, even if it takes a little longer.
- You support our team best by following the advice in this sheet closely. Your calm presence helps your child most.

Why are there no extra appointments?

Getting to know each other is part of the first appointment. We do not offer separate appointments just to get used to us.

As a public health insurance practice, our appointments are limited. Every appointment is reserved for treatment. Preparing your child to cooperate is therefore your task.

If treatment is not possible despite good preparation, we do not offer another attempt at our practice. It is important to us that your child experiences the dental visit as positively as possible and that the decay does not spread further. The next step is then a referral for treatment under general anaesthesia, where usually all teeth are treated in one session.

After treatment

Lip, cheek and tongue stay numb for up to one hour. Make sure your child does not bite the numb lip or cheek. Your child may only eat once the numbness has gone.

Costs at our practice: In most cases, you pay for the local anaesthesia yourself. The same applies to a special medicated dressing if a pulpotomy (partial removal of the nerve) of a baby tooth is needed.

General anaesthesia at the Problembehandlungszentrum (PBZ) Salzburg

Children who cannot be treated while awake can be referred for treatment under general anaesthesia at the PBZ. For this you need a referral with a diagnosis – from us or from another dentist. With the referral, please contact directly:

- Problembehandlungszentrum (PBZ) Salzburg, Glockengasse 6, 5020 Salzburg
- Contact person: Melada Dudević
- Phone: 0662 873 260 (available in the mornings)

At your first appointment, you confirm with your signature that you have read this information and received answers to your questions.