ORAL HABITS

Recommendations for Pediatric Oral Health Care

<table>
<thead>
<tr>
<th>Age</th>
<th>0–12 months</th>
<th>12–24 months</th>
<th>2–6 years</th>
<th>6–12 years</th>
<th>12 years +</th>
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<tbody>
<tr>
<td>Clinical oral examination</td>
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<tr>
<td>Assessment and treatment</td>
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<td>Caries risk assessment</td>
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<td>Fluoride treatment</td>
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<td>Peri-implant assessment</td>
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<td>Intraoral/peri-oral piercing</td>
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<td>Referral for regular dental care</td>
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</tbody>
</table>

RICHARD YOON

ORAL HABITS

Definition

- Learned patterns of muscular contraction.
- Interfere with regular patterns of facial growth.

RICHARD YOON

ORAL HABITS

Behaviors

- Digit Sucking
- Pacifier Sucking
- Nail Biting
- Bruxism
- Mouth Breathing
- Tongue Thrust

Therapies

Appliances

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ORAL HABITS
SUCKING MECHANISM

- Coordinated Reflex
- Nourishment
- Security/Warmth
- Prevalence – 90%
- Persistency

ORAL HABITS
DIGIT SUCKING

- Position of the digit
- Orofacial muscle contractions
- Position of mandible
- Facial skeletal pattern
- Amount, frequency, and duration

ORAL HABITS
DIGIT SUCKING

- ...
ORAL HABITS

DIGIT SUCKING

- Callus
- Herpetic Whitlow

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ORAL HABITS

PACIFIER SUCKING

Non-nutritive sucking habits in children under 5 years may cause changes in the primary dentition but are unlikely to cause any long-term problems.


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ORAL HABITS

DENTAL EFFECTS PRIMARY DENTITION

- Posterior Crossbite
- Anterior Open Bite
- Excessive Overjet
- Class II Relationship

SIDE VIEW

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ORAL HABITS
DENTAL EFFECTS MIXED DENTITION
- Class II Malocclusions
- Posterior Crossbite
- Excessive Overjet
- Traumatic Injuries

ORAL HABITS
NAIL BITING

ORAL HABITS
BRUXISM
- Emotional Stress
- Parasomnias
- Traumatic Brain Injury
- Neurologic Disabilities
- Muscle Recruitment
- Malocclusion
ORAL HABITS

BRUXISM

- 20% - 24%
- Dental Attrition
- Headaches
- TMJ dysfunction
- Muscles of Mastication
- Self-limiting

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ORAL HABITS

MOUTH BREATHING

- Chronic Congestion
- Chronic Obstruction
- Anatomic Deformities

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ORAL HABITS

MOUTH BREATHING

- Position of the tongue
- Open-mouth posture
- Narrower maxilla
- Overeruption of the molars
ORAL HABITS
MOUTH BREATHING
- Position of the tongue
- Open-mouth posture
- Narrower maxilla
- Overeruption of the molars

ORAL HABITS
TONGUE THRUST
- Abnormal Tongue Position
- Deviated Swallow
- Anterior Open Bite
- Protrusion
- Lisping

ORAL HABITS
ORAL HABIT THERAPY FACTORS
- Age
- Maturity
- Parental Support
- Timing
- Assessment
ORAL HABITS

O R A L  H A B I T  T H E R A P Y  I N T E R V E N T I O N S

- Talk with the child
- Reminder Therapy
- Reward System
- Habit-Breaking Appliances

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ORAL HABITS

H A B I T - B R E A K I N G  A P P L I A N C E S

- Crib Appliance

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ORAL HABITS

H A B I T - B R E A K I N G  A P P L I A N C E S

- Bluegrass Appliance

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**ORAL HABITS**

**HABIT-BREAKING APPLIANCES**

↓ Occlusal Splint

**ORAL HABITS**

**KEY POINTS**

- Individualized approach.
- Encourage treatment.
- Dentoalveolar-skeletal deformation.

**ORAL HABITS**

**BEHAVIORS**

- Digit Sucking
- Pacifier Sucking
- Nail Biting
- Bruxism
- Mouth Breathing
- Tongue Thrust

Therapies

Appliances

**ORAL HABITS**

**HABIT-BREAKING APPLIANCES**

↓ Occlusal Splint