



YOUR CHILD'S DENTAL HEALTH GUIDE

If you need help finding
a dentist, please call
1-855-418-1622
(TTY/TDD 1-800-466-7566)

WELCOME TO DENTAQUEST, YOUR CHILD'S DENTAL PROGRAM UNDER TENNCARE

We are glad your child is a TennCare member. We are here to help you get the dental care your child needs.

Dental care is very important for your child's health and well-being. Your child needs to have checkups every six months at his or her Dental Home. A Dental Home is the dentist's office where your child goes regularly for dental care. Only dentists that participate with DentaQuest can treat your child for dental services.

As a TennCare member your child has been assigned a Dental Home. You can find the name and location of your child's Dental Home listed at the top of the letter that was sent to you with your child's ID card.

If you need help knowing who your dental home is, or would like to change your child's Dental Home, call DentaQuest at 1-855-418-1622.

You can also find a list of dentists that work with DentaQuest on our website. Go to:
DentaQuest.com/state-plans/regions/tennessee.

From this page, click on the Member Page Tab, and select Find a Dentist from the drop-down menu. Information on the page will tell you how to choose a dentist.

Call your child's Dental Home and schedule an appointment for a checkup today. Do not wait to see a dentist until your child has a problem.



CARING FOR YOUR CHILD'S TEETH

Babies and Toddlers

- Clean your baby's gums with a damp cloth.
- Once teeth show, clean them with a soft bristled toothbrush with a smear (the size of a grain of rice) of fluoride toothpaste.
- Do not put your baby to sleep with a bottle because it causes baby bottle tooth decay. Instead of a bottle:
 - Offer a blanket or favorite toy
 - Give baby a warm bath
 - Rock baby to sleep
 - As a last resort, allow WATER ONLY in the bottle
 - It may take about 3 to 7 nights of the child crying to break the bedtime bottle habit.
- Wean your child from pacifiers and the bottle between 9 and 12 months of age.
- Take your child to the dentist before their 1st birthday or after the first tooth shows.
- Brush your toddler's teeth twice a day. Use a smear of fluoride toothpaste (the size of a grain of rice) for children age 6 months to 2 years and a pea-sized amount of paste for children age 3 years to 6 years.

Young Children

- Make sure your child brushes their teeth twice a day with fluoride toothpaste and flosses once a day.
- Many early cavities start with white spots that turn brown. After your child brushes, examine their mouth. If you notice white spots or bleeding gums, go to your dentist.
- Change your child's tooth brush every three months.
- Ask your dentist about sealants for your child's teeth.
- Have your child drink tap water that contains fluoride.
- Serve healthy snacks and meals. Avoid sticky or sweet foods and sugary drinks.
- Bacteria can spread from sharing spoons, cups, toothbrushes or anything that goes in the mouth.
- Don't let children share utensils.

Teens

- Keep an eye out to make sure your teen is maintaining good oral health habits.
- Buy sugar-free gum if your teen chews gum. Don't stock up on sodas and sports drinks for your teen.
- Teens who play contact sports should wear a mouthguard.
- Don't approve a tongue or lip piercing.



SEALANTS HELP PREVENT CAVITIES

Brushing and flossing are the best ways to help prevent cavities. But it's not always easy to clean every surface of teeth. Back teeth – called molars – have deep grooves that can trap food. This can lead to a buildup of bacteria that can cause a cavity.

Sealants can help keep molars clean. A sealant is a thin coating that covers the chewing surface of the back teeth. Sealants are quick and easy to apply. No drilling is needed.

Your child should get sealants as soon as the back teeth erupt. The first molars appear around age 6. The second molars come in around age 12. Sealants can reduce the risk of cavities by nearly 80%.

Sealants can also be used on early decay to prevent further damage to the tooth. Because some sealants are clear, your dentist can keep an eye on the tooth to make sure the sealant is doing its job.

WHAT IS SILVER DIAMINE FLUORIDE?

Silver diamine fluoride (SDF) is a safe and effective children's fluoride treatment that can help control tooth decay.

It is applied to the affected tooth with a brush by a dentist. The process is quick and painless. When SDF is applied, the decayed area will stain black. This means the decay in the tooth is being stopped.

SDF can stop decay from spreading. It is an effective treatment for kids whose cavities cannot be treated at one time. It also recommended for children with disabilities or those who are unable to sit for longer cavity treatments.

In some cases, no further treatment for the decayed tooth is needed. But many teeth treated with SDF will still need a filling or crown in the future. Your dentist will watch the tooth and determine if further treatment is needed.

If SDF is recommended for your child, your dentist will answer any questions you may have.

Children on TennCare have dental services until they reach the age of 21. These services include regular six-month checkups, fluoride treatments and sealants.

DentaQuest is your child's TennCare dental plan. If you need help finding a dentist, call DentaQuest Customer Service line at 1-855-418-1622 or TTY/TDD 1-800-466-7566 or visit our website at www.dentaquest.com.

If you have a hearing or speech problem you can call us on a TTY/TDD machine. Our TTY/TDD number is 1-800-466-7566.

Habla español y necesita ayuda con esta carta? Llamos gratis al DentaQuest 1-855-418-1622.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-418-1622 (TTY: 1-800-466-7566).

ناگاداری: ئهگهر به زمانی کوردی قهسه دهکامیت، خزمهتگوزاریهکانی یارمهتی زمان، بهخوڕایی، بو تو بهردهسته. پهیوهندی به. (TRS:711) 1-888-291-3766 بکه

Do you need help with your health care, talking with us, or reading what we send you? Call us for free at: 1-855-418-1622 (TRS) 711

We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call DentaQuest 1-855-418-1622 or TennCare 855-857-1673 (TRS 711) for free.

