

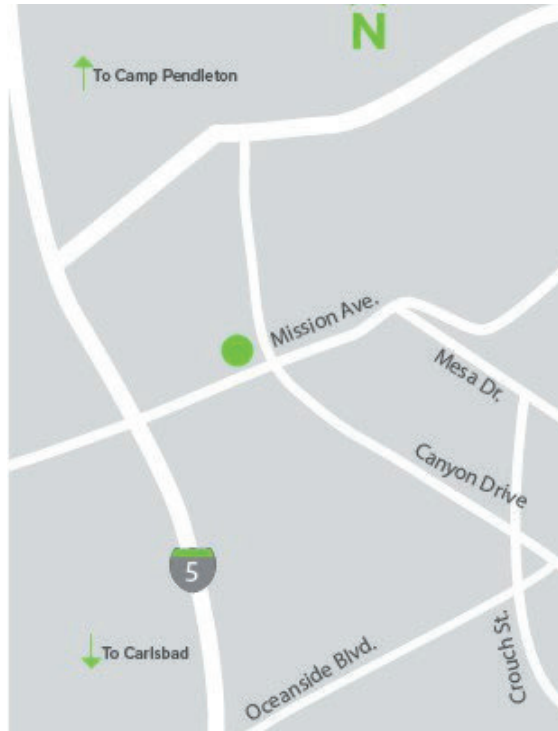
Why choose VCC?

At VCC, we will take care of you with kindness and make sure you get the best dental care.

Whether you just need a check-up and cleaning or have bigger dental problems, we are here to help you be healthy and happy!



- Child Focused Dentistry
- Adult and Family Dentistry
- TVs on the Ceiling
- Calming Atmosphere



VCC: MISSION PEDIATRIC & FAMILY DENTISTRY

1910 Mission Ave., Suite 4
Oceanside, CA 92058

OFFICE HOURS

Mon/Tues/Wed/Fri
8:00 am - 5:00 pm*

*Closed for lunch 12:00 - 1:00 pm

Thursday

10:00 am - 7:00 pm*

*Closed for lunch 2:00 - 3:00 pm

www.vcc.org



VCC: Mission Pediatric & Family Dentistry



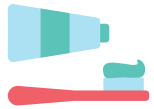
*Medi-Cal and TRICARE patients accepted

Call today for your appointment!

760-631-5000
ext. 2301
ext. 2304

How to prevent kid's tooth decay?

First dental visit
by age 1 year old

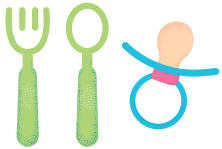


Use **Fluoride** toothpaste.

See the dentist every **six months** to get your teeth checked and cleaned.



Don't share utensils or "clean" a pacifier with your mouth. You can transfer cavity causing germs to your child.



Seal Out Decay

Ask about dental sealants, which can help protect teeth from cavities.



Don't give your child sugary snacks like

- soda
- chips
- cookies
- crackers
- candy

Brush your child's teeth for TWO minutes, TWO times a day to stop cavities.



Place toothpaste on toothbrush.



Place the toothbrush against teeth and brush in circles.



Brush the front, top, and back of all teeth.



Don't forget the tongue and the roof of mouth.

*Remember, it's important for grown-ups to brush and floss their teeth too!

Fluoride is nature's cavity fighter!

Fluoride helps:

- Keep teeth strong
- Stop acids from making holes in teeth
- Fix weak spots on teeth
- Prevent cavities



Babies and kids like to suck on pacifiers, fingers, and thumbs. But if they do it for a long time, it causes problems. Talk to your VCC dentist if your child still does this after they turn 2.

Baby teeth act like a guide for the adult teeth so they grow in straight and in the right place.

Baby (Primary) Teeth Chart

	Upper Teeth	Erupt	Shed
	Central incisor	8-12 mos.	6-7 yrs.
	Lateral incisor	9-13 mos.	7-8 yrs.
	Cuspid (canine)	16-22 mos.	10-12 yrs.
	First molar	13-19 mos.	9-11 yrs.
	Second molar	25-33 mos.	10-12 yrs.
	Lower Teeth	Erupt	Shed
	Second molar	23-31 mos.	10-12 yrs.
	First molar	14-18 mos.	9-11 yrs.
	Cuspid (canine)	17-23 mos.	9-12 yrs.
	Lateral incisor	10-16 mos.	7-8 yrs.
	Central incisor	6-10 mos.	6-7 yrs.

Adult (Permanent) Teeth Chart

	Upper Teeth	Erupt
	Central incisor	7-8 yrs.
	Lateral incisor	8-9 yrs.
	Canine (cuspid)	11-12 yrs.
	First premolar (first bicuspid)	10-11 yrs.
	Second premolar (second bicuspid)	10-12 yrs.
	First molar	6-7 yrs.
	Second molar	12-13 yrs.
	Third molar (wisdom tooth)	17-21 yrs.
	Lower Teeth	Erupt
	Third molar (wisdom tooth)	17-21 yrs.
	Second molar	11-13 yrs.
	First molar	6-7 yrs.
	Second premolar (second bicuspid)	11-12 yrs.
	First premolar (first bicuspid)	10-12 yrs.
	Canine (cuspid)	9-10 yrs.
	Lateral incisor	7-8 yrs.
	Central incisor	6-7 yrs.