



# Causes for Visiting Dental Clinic

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To survey the causes for visiting dental clinic

**Objective:-**

To evaluate the causes for visiting dental clinic

**Background:-**

Patient should have a regular dental visit because it helps them to keep the teeth and gums healthy and to avoid gum diseases etc. The preventive goals during an early dental visit may include improvement of oral hygiene and eating habits, informing patients about the risks posed by non-nutritive sucking for development of malocclusions, education regarding traumatic injuries and how to seek emergency etc. Even though the professionals feel in such a way, there may be some other reasons that make the patients visit the dental clinic. The purpose of this retrospective survey is to select 300 patient's records and analyzing the causes for visiting a dental clinic in 0 to 6 year old children

**Reason:-**

The purpose of this study is to analyze the reasons to have a dental checkup for children aged 0 to 6 years of age

**Keywords:-**Dental caries, first dental visit, pain, retrospective study, year one dental visit**INTRODUCTION:-**

One of the important milestones in child's life is the dental visit. The dental visit should be done in correct time since it plays an essential part in the child's oral health. The child's first dental visit helps in determining the quality of the preventive dental care that the child will receive and, thus, the future oral health of the child. Several studies have shown that the child's first dental visit should be before completion of 12 month of age [1, 2, 3, 4]. It has been noted that the patients who came to emergency clinic are children [5, 6]. It has been reported that the 25.7% of the children visit a dentist for the first time due to emergency situations [5]. Patients who suffer from severe dental and facial pain that is not controllable by over-the-counter preparations, as well as the dental and soft tissues, acute infections, uncontrollable dental hemorrhage, dental trauma or rapidly increasing facial swellings require urgent dental care [7]. Studies show that most emergency visit of the patients to seek dental clinic results from dental decay [8, 9, 10]. The preventive goals during an early dental visit may include guidance on oral hygiene, diet, non-nutritive sucking habits and its risk of developing malocclusion. Education regarding traumatic injuries and its first aid management can be done

**MATERIALS AND METHOD:-**

The purpose of this retrospective study is to analyze the causes for visiting a dental clinic in 0 to 6 year old children. A total of 300 records were considered for the study. From the 300 records, four domains such as age, sex, area and the chief complaint was noted in a data sheet. Frequency distribution and percentage were calculated. The reasons for their visit were divided into the following nine groups.

1. General checkup
2. Cleaning
3. Malocclusion
4. Dental caries
5. Pain
6. Swelling
7. Missing teeth

8. Multiple teeth/extra teeth

9. Trauma

**RESULT:-**

In total 300 reports were analyzed. Children age ranged from 0-6 years. One hundred and twenty two were male and one hundred and seventy eight were female. In that thirty five were from rural area and two hundred and sixty five were from urban area.

From a total of 300 patients, 28% of the population reported for corrective treatment which include dental caries (10%), missing teeth (7%), malocclusion (6%), extra teeth (5%). 39% of the population reported for preventive treatment which include cleaning (21%), general checkup(18%). The remaining 33% of the population reported for emergency treatment which include pain (22%), swelling (6%), and trauma (4%).

Most of the children were brought for checkup for preventive treatment (39%) followed by emergency treatment (33%).

The emergency visits were reported to be relatively high 33% compared to corrective treatment visits which were 28%.

**Statistics:-**

		Frequency	Percentage
Sex	Male	122	41%
	Female	178	59%
Area	Rural	35	12%
	Urban	265	88%
Chief complaint	General checkup	54	18%
	Cleaning	64	21%
	Malocclusion	18	6%
	Dental caries	30	10%
	Pain	65	22%
	Swelling	20	6%
	Missing teeth	21	7%
	Multiple teeth/extra teeth	15	5%
Trauma	13	4%	

**DISCUSSION:-**

In our study, the more girl children are visiting the dentist than the male children. According to verbrugge, the reason for more frequent dental visits among girl child can be esthetic, or girl child may have a greater sensitivity towards illness and discomfort, and a willingness to seek help [11]. Most of the populations visiting the dental clinic are from urban area rather than rural area. This could be due to the location of the clinic. As it is located in the urban area, so more population from that area are visiting the clinic. Most of the children were brought for checkup for preventive treatment. This could be due to the awareness regarding dental health among the people in the region. A significant number of the patient who came to the department for emergency treatment [5, 6]. In a previous study it was reported that 25.7% of the children visited dentist for the first time due to the emergency situations [5]. But in the present study it is shown that 33% of the population visits the dental clinic for emergency treatment. Signs and symptoms may lead to unpleasant situation for both professionals and patients. It is important that the dentist possess significant knowledge to make quick decisions, to relieve pain and discomfort, especially when dealing with children.

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