



Northbrook Dentist Shares Tips To Maintain Cavity Free Deciduous Teeth

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Northbrook, Illinois based dental clinic Northbrook Dentist Office is reaching out to the wider community to share tips on maintaining cavity free deciduous teeth. The clinic serves Northbrook and the surrounding areas, providing quality dental services at an affordable rate.

Dr. Steven Kacel, lead dentist and spokesperson for Northbrook Dental Office, says, "If you don't know what deciduous teeth are, it's basically just baby teeth. These are the first set of teeth that will grow in your child's mouth, and they stick around until they're replaced with their set of permanent adult teeth. While these teeth play an essential role in teaching children learn how to properly chew their food, they do have a downside: they are especially prone to cavities due to the fact that they only have a thin layer of enamel covering them."

According to the practice, the factors that contribute to cavities in children are quite similar to factors which contribute to cavities in adults, and it all boils down to poor oral hygiene. Dr. Kacel says children typically develop cavities because they are not brushing their teeth as often or as thoroughly as they should. Much like with permanent teeth, plaque acids and food particles that remain on the teeth can lead to cavities, but the risk is higher with children.

Dr. Kacel says, "For parents with toddlers, keeping cavities at bay can be very challenging. Of course, there are good places to start: first, make sure that they are not going to bed with a bottle or a sippy cup that contains juice or milk. Both of these contain sugar, which can further boost bacteria production that is already taking place in their mouths. Since these substances will remain on your children's teeth overnight, they are more likely to cause cavities. However, there are also other steps you can take."

As Dr. Kacel explains, these other steps include: making sure they brush their teeth with a soft-bristled toothbrush twice per day for at least a minimum of two minutes, making sure they use kid-friendly anti-cavity toothpaste, teaching them how to floss in-between teeth and very importantly, scheduling them for regular dental checkups. More information about the clinic can also be found at the following link: [Northbrook Dentist](#).

Northbrook Dentist Office provides a number of cosmetic dentistry services, including implants, porcelain dental crowns, teeth whitening, white fillings, dental bridges, invisalign and more. They also offer a variety of general dentistry services, like dentures, sealants, composite fillings, root canal therapy, and so on.

Northbrook Dentist Office has established themselves as a reliable provider of top-notch dental healthcare in Illinois. The clinic's Google profile shows a perfect rating of 5/5. In a recent review, Tony Greenwood says that the clinic delivers, "Professional and attentive care on a consistent basis. I am thrilled to be a part of this excellent practice. Rosemary is a wonderful and thorough hygienist and Dr. Kacel remains unequalled in his professional care."

Northbrook Dentist Office also maintains their perfect rating on Facebook. In her review, Debbie Rosenblum Lessin says, "I used to fear the dentist until my husband took me to see Dr. Kacel. Before I saw him, I hadn't been to the dentist except for emergencies in several years. Now, I go every six months like I'm supposed to with no anxiety whatsoever. I always see Bonnie to get my teeth cleaned, and she is always delightful."

In another review, Maureen Whitlach Bornstein says, "Dr. Kacel has been my dentist for many years, and I have referred several people to his office. The office staff is friendly, and the dental hygienists are really experienced (and friendly, too). I have some unique health issues, so having an excellent dentist and support staff is very important to me."

Those who want to learn more about Northbrook Dentist Office and the various services they provide can find more information on the clinic's website at the following link: <https://northbrookdentistoffice.com/>. Additionally, the clinic encourages all interested parties to get in touch with Dr. Steven Kacel directly via email or phone to follow up on any inquiries they may have. Northbrook Dentist Office also maintains a page on

Facebook where they frequently post dental tips and tricks, share blog posts, and communicate with their patients.

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For more information about Northbrook Dentist Office , contact the company here:Northbrook Dentist Office
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Northbrook Dentist Office

*Our Northbrook dental facility is state of the art, providing high level services to individuals of all means. Dr. Kacel
D.D.S., M.A.G.D., F.A.D.I, is a specialized dental provider and has been serving patients throughout the community for
33 years.*

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