

## Minimal Intervention in Pediatric Dentistry: Holistic Oral Care for the Child

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**Received:** February 02, 2021; **Published:** February 27, 2021

Minimally Intervention in Dentistry (MID) is the modern medical approach to caries management, which uses carious risk assessment and focuses on prevention and early interception of disease. It is a response to the traditional, surgical way of managing dental caries, which is based on G.V. Black's operating concepts of over a century ago.

MID is a philosophy that aims to ensure that teeth remain functional throughout life. The term is therefore not limited to the management of dental caries, but also applies to other areas of oral health, such as periodontology, oral rehabilitation and oral surgery. By moving away from restoring teeth, the dentist can intervene to the maximum, with a minimum of invasive treatments. MID is based on four fundamental principles: (1) Recognition phase is the early identification and evaluation of potential risk factors for carious disease through lifestyle analysis, saliva analysis (flow rate, quality and microbiology) and the use of diagnostic plaque tests; (2) Reduction phase is the early identification and evaluation of potential risk factors for carious disease through lifestyle analysis, saliva analysis (flow rate, quality and microbiology) and the use of diagnostic plaque tests: is the elimination or reduction of risk factors for carious disease by modifying dietary and lifestyle habits and increasing the pH of the oral environment; (3) Regeneration phase, which consists of stopping and reversing incipient lesions, using appropriate topical agents, including fluorides and casein phosphopeptides - amorphous calcium phosphates (CPP-ACP); (4) The repair phase which consists, in the presence of caries and when surgery is required, of conservative caries removal to maximize the tooth's repair potential and preserve the tooth structure. Bioactive materials are used to restore the tooth and promote healing and repair of the pulpo-dentinal complex. The effective implementation of IMD involves the integration of each of these four elements in patient assessment and treatment planning.

Follow-up of patients and carious lesions over time is the rule in order to maintain the results obtained and to intercept potential carious lesions at an early stage.

We face many challenges today and in the future in advancing pediatric dentistry and MID is a fundamental cornerstone in improving the quality of care for young patients.

**Volume 20 Issue 3 March 2021**

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