

Molaren – Inzisiven Hypomineralisation (MIH)

What is MIH and what is the meaning?

MIH is caused by a development disturbance. The enamel is softer than normal. This can lead to dental decay. Also, it can make it more difficult to numb the teeth with a local anaesthetic for dental treatment.

Most commonly the first permanent (adult) molars and incisors (front teeth) are affected. Sometimes you can see it also at the primary dentition, especially the molars.

In case of MIH the enamel can be creamy or have a yellow /brown colour. The texture is often rough and tends to chip away very easily.

The teeth are often sensitive to cold and the child may be reluctant to brush them. They are also at a higher risk of developing dental decay which can be rapid. Children may also complain about the appearance of their front teeth.

Teeth are not necessarily equally affected, and the front teeth usually do not have the same loss of enamel as the molars.



How common is it?

It is a world -wide problem, the mean global prevalence in studies is 12,9 %, with significant differences between regions and countries (3 to 40 %).

Why does my child have it?

Many reasons have been suggested but it is often unclear.

Some suggested causes are respiratory problems (chest problems), environmental causes, problems around the time the child is born such as prematurity, frequent childhood diseases and antibiotics in the first few years of life.

What treatment will be needed?

These teeth are fragile, and decay can develop easily and rapidly. Children need to be seen more regularly because of this, perhaps every 3-4 months. Treatment includes fluoride therapy (varnishes applied) and sealants where possible.

Sometimes these teeth will require fillings or placement of stainless-steel crowns using local anaesthetic. If the tooth is of poor quality, it may need to be taken out. Done at the right time, this can allow other adult teeth to move into the gaps. The opinion of an orthodontist may be sought first.

How can you help?

It is important that your child attend all their dental appointments as problems in these teeth may arise very rapidly.

Make sure your child brushes his teeth twice a day with a fluoride toothpaste, use one time per week fluoride gel (Elmex Gel) and GC (special toothpaste).

Keep sugary drinks and snacks to a minimum.

kidssmile ;-)

paediatric and adolescent dentistry

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