



SUNRISE

Pediatric Dentistry

Does your child breathe with their mouth open?

- Not everyone breathes properly. Recent research indicates that the way your child breathes can have a great impact on his or her future health and physical appearance.
- With normal breathing, air passes through the nose, but many children find nasal breathing difficult and breathe through their mouths.
- When a child breathes through his or her mouth, it circumvents nature's filter apparatus (the nose) and bacteria/microorganisms can enter the throat. This may cause the tonsils/adenoids to over develop and grow larger than they should, which can further contribute to the cycle of mouthbreathing.
- Mouthbreathing is generally caused by one or more of four types of problems: Enlarged tonsils/adenoids, Underdeveloped nasal passages, Nasal blockages (allergies, swollen tissue, or other obstructions like polyps) or lower jaw/tongue malpositioning
- Mouthbreathing habits should be corrected early to prevent further problems such as changes to the shape of the face/jaws/position of teeth leading to orthodontic issues as well as sleep disordered breathing (sleep apnea).

To address mouthbreathing, a team approach may be necessary. Several specialists may be involved including: your child's pediatric dentist,

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pediatrician, an orthodontist, an ENT specialist and a myofunctional therapist.

A saline nasal spray with xylitol can be very helpful and promote nasal breathing. We recommend Xlear brand, which is available at xlear.com:



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