

# Hypomineralisation

## What is Hypomineralisation?

Hypomineralised is a developmental dental defect where dental enamel (the outer layer of the tooth) is formed with less mineral. As a result, the enamel may appear discoloured or have crumbly areas. While this is not dental decay, this weaker enamel is more susceptible to being sensitive, breaking down or becoming decayed.

Hypomineralised enamel or "hypomin", commonly affects the back adult molars but can occur in any baby or adult teeth.

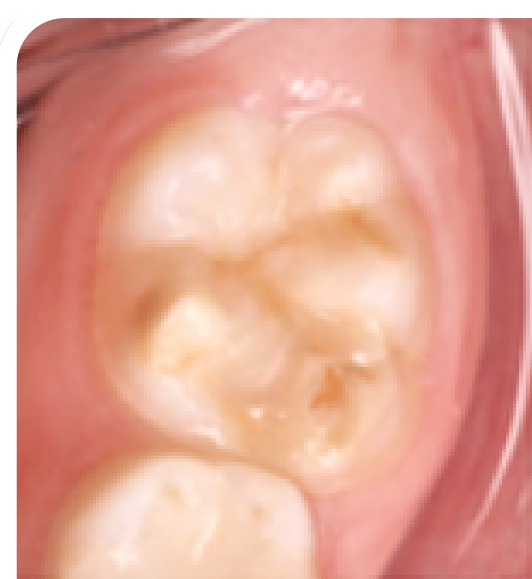
## What causes Hypomin?

It can be difficult to pinpoint exactly why hypomin occurs. Factors such as high-grade fevers or respiratory tract infections during childhood could have impacted the development of tooth enamel. Or, it could be more complex, with several factors at play.

While hypomin cannot be prevented or predicted, there are steps we can take together to support these teeth.

## What does Hypomin look like?

Hypomineralised enamel can range from mild to severe. The colour can vary from creamy yellow/brown to patches that are 'extra' white in appearance. There may be broken away areas or areas where there is no enamel.



Moderate



Severe



## How to look after Hypomin teeth

Every hypomin case is unique, so your dental professional will discuss the best options for you. If treatment is necessary, it may include one or more of the following for the affected teeth:

- Fissure sealants or preventative coatings in mild cases
- White fillings or stainless steel crowns for baby teeth
- Referral to a hospital for the removal of severely affected adult teeth that have a poor long term prognosis

We can help protect hypomin teeth by brushing 2x daily with a fluoridated toothpaste (at least 1000ppm). Another product that can be helpful after brushing at night time is GC Tooth Mousse Plus or a sensitive toothpaste.

It's important these teeth are checked regularly by your dental professional so your child may be placed on a 6 monthly recall.

For more information on Molar Hypomin please visit:

[www.thed3group.org](http://www.thed3group.org)

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