

Specialist Paediatric Dental Service

Molar Incisor Hypomineralisation (MIH)



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What is Molar Incisor Hypomineralisation (MIH)?

MIH is a condition that affects the enamel of the teeth. It generally affects the incisors and the first adult molars. The teeth can look mottled, yellow or brown and the poor enamel can make the teeth very sensitive and prone to crumbling or decay.

How common is MIH?



MIH is a common condition that affects about 1 in 8 children in the UK.

? What causes MIH?

For most children it is unclear what causes MIH though some possible causes can be:

- Serious illnesses as a baby or toddler
- Premature birth
- Frequent use of antibiotics

Preventing decay and crumbling of teeth

- **Home care** - Keeping teeth clean is very important. With teeth affected by MIH, tooth brushing is extra important and sugar should be kept to a minimum. Top tip – warm water can be used to brush teeth if too sensitive with cold water.
- **Regular dental check-ups** - As teeth are weaker it is important to be seen at a dentist regularly, sometimes every 3 months to help prevent teeth getting worse.
- **Regular fluoride varnish painted on by the dentist** - If suitable, fluoride varnish every 3 months can help strengthen teeth.

- **Fissure sealants** - Coatings can be placed on the teeth to protect them from decay.
- **Prescription toothpaste when over 10 years old** - A dentist can prescribe high fluoride toothpaste to help protect the teeth.



Tips to reduce tooth sensitivity

Teeth affected with MIH can be extremely sensitive. It is important to let a dentist know about this so they can also check for any tooth decay.

If the tooth hasn't got any decay but is still sensitive, a special toothpaste can help make it less sensitive. Ask a dentist for more information if you think this may help.



What happens if my teeth crumble or decay?

Some people with MIH have teeth that are more severely affected and may need fillings. Sometimes it may be better for teeth to be extracted (usually when a child is 8 to 11 years old). This gives the adult tooth behind the affected tooth the best chance of growing into the space and replacing the removed tooth.

For further help or information

Contact details

What if I have a comment, suggestion, compliment or complaint about the service?

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We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention.

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