LITTLE SMILES CLUB | INFORMATION FOR PARENTS AND CARERS

Understanding MIH

Helping sensitive teeth stay comfortable

What does MIH mean?

Molar incisor hypomineralisation (MIH) means that the enamel, the outer layer of a tooth, developed differently. It usually affects first adult back teeth and can also affect front teeth. It is not caused by poor brushing.

What might you notice?

White, cream, yellow or brown patches may be visible. Some teeth are sensitive to cold or brushing, and weaker enamel can chip or develop decay more easily. MIH varies: one tooth may need more help than another.

How we can help

We assess each affected tooth and plan care around your child's comfort and long-term dental health. Depending on the tooth, care may include extra fluoride protection, sealants, fillings or a protective crown. A badly affected adult molar sometimes needs a different long-term plan, including carefully planned removal. We will discuss the options and any specialist advice needed before treatment.

Looking after teeth at home

Brush twice daily with fluoride toothpaste, including last thing at night. Use the strength and amount recommended for your child. Spit out afterwards without rinsing.
Help with tricky areas. Keep supporting your child until they can clean thoroughly. If brushing hurts, tell us so we can help.
Keep recommended reviews. Early checks help us spot changes and protect teeth before problems become more difficult to manage.

Please tell us if a tooth hurts or chips

Call 01872 241955 about pain, swelling, broken enamel or sensitivity that makes eating or cleaning difficult. For other questions, email us.

Our aim is to keep your child comfortable and help you feel confident about their care.

Based on SDCEP: Prevention and Management of Dental Caries in Children.
MIH assessment, permanent teeth and toothbrushing guidance. Reviewed November 2026.

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