

Useful Telephone Numbers

NHS Dental Helpline

Need routine or urgent dental treatment?

Telephone: 0300 123 1663 08:00 – 16:00
Calls charged at local rates.

Alternatively look on NHS Choices website

Emergency Dental Service Brighton & Hove

This is an evening / weekend service for anyone with dental pain.

Please phone for an appointment:

Telephone: 03000 24 25 48

Open Mon-Fri 17:30 – 22:30

Sat, Sun and Bank Holidays 09:00 – 17:30

Oral Health Promotion

A free NHS service offering a range of education programmes to a variety of settings

Contact: alison.mcnealy@nhs.net



Oral Health Checklist

Brush for 2 Minutes Twice a Day

Last thing at night and at least one other time.

Use Fluoride Toothpaste

Under 3 yrs use a smear of paste containing no less than 1000ppm

3 yrs and over, use a pea size blob of paste containing between 1350 – 1450ppm fluoride

Children under 8 years need help with toothbrushing

Spit, Don't Rinse

Spit out the excess foam, but do not rinse with water. This leaves the fluoride coating on the teeth.

Keep Sugar to Mealtimes.

Frequent eating or drinking sugar is the main cause of tooth decay.

Dried fruit is very sugary and not recommended for snacks

Stick to Water or Milk Between Meals

Babies

Try to move on from bottle and dummy by one year.

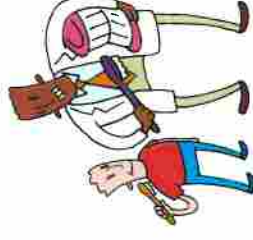
Serve milk or water from an open or free flow cup.

Brush teeth as soon as they appear.

Take baby to the dentist to become used to the surgery.

Regular Family Dental Visits

As often as dentist recommends



Manual Toothbrushing



A blob of fluoride toothpaste



Brush the outside, inside and chewing surfaces of the top and bottom teeth.



Spit out the bubbles

Don't rinse



Power brush

Guide the brush around all tooth surfaces. Spit. Don't rinse

Drinks – Sugar and Acid

To help care for our teeth we need to know how to protect them from sugar and acids in drinks.

Do drink milk, water, (children and adults) tea or coffee – sweeteners are ok for teeth (adults)

Try not to drink fizzy or fruit flavour drinks every day.

Care with fruit juice, only 150ml per day.

Using a straw helps to protect teeth.



New Sugar Guidelines, maximum per day:

Children aged 4-6 years 19g (5 cubes)

7-10 years 24g (6 cubes)

11 – adult 30g (7 ½ cubes)

4g = a sugar cube



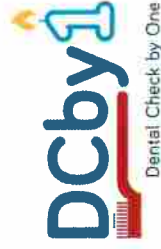
Don't forget to take a cool bottle of water and a healthy snack when you go out.



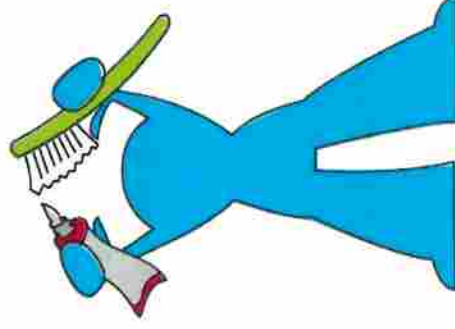


TOOTHBRUSHING DIARY

Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



10 Top Tips for Healthy Teeth and Gums



10 Top Tips for Healthy Teeth and Gums

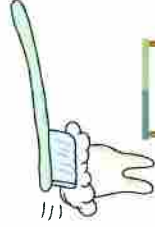
1. Brush your teeth in the morning



and before bed.



2. Use a pea-size amount of family **fluoride** toothpaste on a small brush. (Just a smear for under 3 yrs)



3. Clean one tooth at a time.



It will take about **2 minutes** to do properly.

4. **Spit** out the froth, but **don't** rinse.



5. Keep sugar to mealtimes - breakfast, lunch/dinner and tea.



6. Eat a little fresh fruit or breadsticks with cheese if you are hungry.



7. Water and milk are the best drinks for teeth.



8. Don't pick at food through the day – give your teeth a rest.

9. Sweets and sugary or fizzy drinks are only for occasional treats, have them with a meal and use a straw for drinks.



10. Visit your dentist for regular check-ups.



A quick guide to a healthy mouth in children

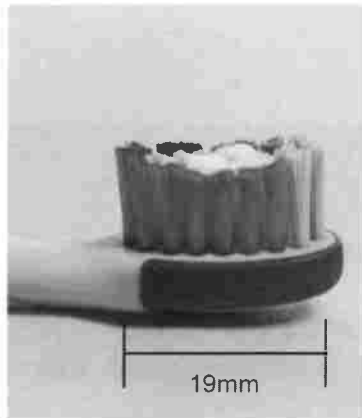
This factsheet gives a summary of the simple steps that parents, carers and children can take every day to protect and improve their oral health. The evidence based advice is from Delivering Better Oral Health.

Brushing children's teeth

- start brushing as soon as the first tooth appears (usually at about 6 months of age), at least twice a day with fluoride toothpaste last thing at night and on at least one other occasion
- brushing at bedtime is important as it makes sure that the fluoride continues to protect the teeth while your child is asleep
- parents/carers should brush or help their child to brush their teeth until they are at least seven years old to make sure the teeth are cleaned properly, to supervise the amount of toothpaste used and to prevent licking or eating the toothpaste
- brush your child's teeth thoroughly, cleaning all surfaces of the teeth
- for older children disclosing tablets can help to show if any plaque is left on the teeth
- choose a toothbrush with a small head and medium-textured bristles, a manual or electric toothbrush can be used
- For the maximum prevention of tooth decay for children aged 0-6 years use toothpastes containing 1350-1500 parts per million (ppm) fluoride
- the amount of fluoride that is in the toothpaste can be found on the side of the tube or on the packaging
- for children under three years old use a smear of toothpaste containing no less than 1000 ppm fluoride (see Figure 1)
- children between three and six years old should use a pea-sized amount of toothpaste containing more than 1000 ppm fluoride (see Figure 2)
- encourage your child to spit out the toothpaste after brushing and do not let them rinse out with water as this will wash away the fluoride and reduces how well it works - spit don't rinse

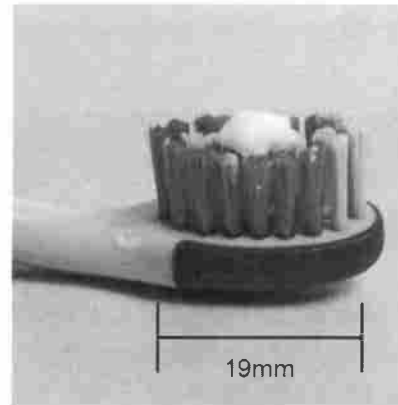
- for children who may have difficulties brushing their teeth such as those with special needs, toothbrush adaptations are available.

Figure 1



smear for 0 – 3 year olds

Figure 2



pea-sized blob for 3–6 year olds

In addition, for older children (aged 12 years to 17 years)

- as part of a daily oral health routine in addition to brushing, it is important to clean between the teeth using interdental brushes. Some teenagers may not have large enough spaces in between their teeth to use an interdental brush so flossing can be a useful alternative
- the dental team will show you how best to clean between your teeth
- If you have an orthodontic brace clean your teeth and appliance carefully as shown by the dental team

Healthy eating advice:

Each time we eat sugary food and drink, the bacteria in dental plaque produce acid that attacks teeth. If we eat or drink sugary foods frequently throughout the day we have more 'acid attacks', which can lead to tooth decay.

Remember that for babies:

- breast milk is the only food or drink babies need for around the first six months of their life. Formula milk is the only suitable alternative to breast milk
- from the age of six months, bottle-fed babies should be introduced to drinking from a free-flow cup. Bottle feeding should be discouraged from 12 months old
- only breast or formula milk or cooled, boiled water should be given in bottles
- only milk or water should be drunk between meals and avoid adding sugar to foods or drinks for your baby

For all children:

- reduce the amount and frequency of having foods and drinks that contain sugar, only give sweet foods including dried fruit at mealtimes
- squashes sweetened with sugar, fizzy drinks, soft drinks and juice drinks have no place in a child's daily diet
- limit the amount of fruit juice and/or smoothies your child drinks to a maximum of 150 mls (one portion) in total per day and drink it with meals to reduce the risk of tooth decay
- always ask for sugar-free medicines

Visiting the dentist:

- take your child to see the dentist as soon as their teeth start to appear, and visit regularly, as often as your dentist recommends
- ask your dentist about fluoride varnish - all children over 3 years should have this applied to their teeth. If younger children are at particular risk of tooth decay the dentist may apply to their teeth.
- NHS dental treatment is free for children under 18 or under 19 and in qualifying full-time education
- women are entitled to free NHS dental treatment during pregnancy and any treatment commenced before their child's first birthday

Find out more

For further information about how to look after your child's teeth, visit:

www.nhs.uk/Conditions/pregnancy-and-baby/Pages/looking-after-your-infants-teeth.aspx

To find out how much total sugar is in your food and drink

www.nhs.uk/change4life-beta/campaigns/sugar-smart/home

To find an NHS dentist visit NHS Choices

www.nhs.uk/NHSEngland/AboutNHSservices/dentists/Pages/find-an-NHS-dentist.aspx

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