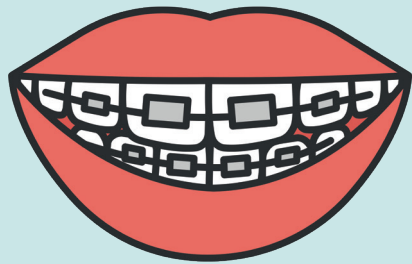


- Best snacks for teeth are; bread sticks, rice cakes, pitta bread, low fat cheese, toast and savoury sandwiches.
- Remember 'no-added sugar' diluting juice contains sugar.
- Take care with fruit as it contains sugar and acid. Dried fruit is not a good snack for teeth.
- If your child requires a medicine, it is beneficial to ask for a sugar free type.



Frequently asked questions

Does my child need to see a special dentist? Your child can see their usual family dentist for check-ups and simple treatments. They can also be seen by the hospital dentist for additional check-ups or if they need some special types of treatment.

At what age should my child start seeing a dentist?

You should take your child to see the dentist when teeth first appear in the mouth or before their first birthday.

Should I brush my child's teeth if the gums bleed?

Bleeding gums can sometimes be a sign that your child hasn't been brushing properly. It is best to continue brushing the teeth. You should also see your child's dentist so that they can give you some advice.



How to contact us:

Post

Paediatric Dentistry Department
Royal Belfast Hospital for Sick Children
Royal Hospitals
180 -184 Falls Rd
Belfast
BT12 6BE

Phone

028 9615 6909

Mouth Care Advice for Children with a Bleeding Condition



Department of Paediatric Dentistry
Children's Haematology Unit

Information for parents and carers



All children with a bleeding condition must be registered with and attend their own dentist for advice and review.

Regular visits to the dentist, at least every 3 months, will help avoid problems such as tooth decay.

You should tell the dentist about your child's bleeding condition. If more information is needed, your child's dentist should contact the Children's Haematology Unit or Department of Paediatric Dentistry at the Royal Belfast Hospital for Sick Children.

Some types of dental treatment may need to be carried out in the hospital, for example, if your child needs to have a tooth taken out. If this is the case, your child's dentist should contact the hospital dentist and the Children's Haematology Unit.

Mouth Injuries

Children with bleeding conditions may need special care if they injure their mouth. You should contact both your child's dentist and Haematology team if your child has injured their mouth or teeth and there is bleeding.

Three Top Tips to Prevent Decay

- Best drinks are water and milk. Drink only water at night.
- Sugary foods, drinks and sweet treats should be limited to meal times.
- Have 1 or 2 healthy toothkind snacks a day.

Looking After Your Child's Mouth

- Brush twice a day with fluoride toothpaste of 1450ppm concentration.
- Brush last thing at night and at one other time.
- See your dentist regularly, at least every 3 months.

Remember when brushing

- Children aged 0-3 years should use a smear of fluoride toothpaste.
- Children over 3 years should use a pea-size amount of fluoride toothpaste.
- Spit out after brushing and do not rinse with water or mouthwash after.



- An adult should help brush your child's teeth until age 8 and then supervise
- If your child is aged 10+ years, ask your dentist if they are suitable for an extra strength fluoride toothpaste which is available on prescription
- If aged 7 years+, consider using a fluoride containing mouthwash at a different time to brushing



More help with brushing here:

bspd.co.uk/kidsvids

BrushDJ app

