

## Visiting the dentist

Your child should visit the dentist to have regular check-ups. Take your child as often as recommended.

Do not wait until your child is in pain.

Taking your child to the dentist from an early age may help build confidence.

Remember NHS dental treatment is free for children under 18.



Remember, to prevent a further general dental anaesthetic:

- Brush teeth last thing at night and on one other time during the day.
- Spit out the paste and do not rinse.
- Reduce the amount of sugary foods and drinks given in a day and keep them to mealtimes.
- Drinks that contain acids, for example diet drinks, natural fruit juices and smoothies are harmful to teeth.
- Visit the dentist as often as they recommend.

## Out of hours contacts

Patients living in Halton, St Helens, Warrington and Western Cheshire should telephone: 0161 476 9651

Patients living in Ashton, Leigh and Wigan should telephone: 01744 673803

Patients living in Tameside and Glossop, Stockport and Trafford should telephone: 0161 337 2246

Patients living in Bolton should telephone: 01204 463222

**Local Community Pharmacy** - Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.

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## Community Dental Service

### A guide for parents and carers following a dental general anaesthetic



Quality first and foremost

## Now that your child has had a dental general anaesthetic

Having a general anaesthetic for dental treatment should be avoided unless it is absolutely necessary.

Please read the following information which may help to reduce the need for further treatment in the future.

### Tooth brushing

Use a smear of ordinary family fluoride toothpaste for children under three years of age.

For children over three years of age use a pea-sized amount (1000-1450parts per million fluoride).

0 - 3 years



3 + years



Use a small headed medium to soft toothbrush and help your child to brush their teeth until they are seven to eight years of age.

Brush teeth and gums last thing at night and one other time during the day.

Your child should spit out after brushing and not rinse; this helps the fluoride to work for longer and protect the teeth.

## Sugar causes tooth decay

It is important to prevent tooth decay and avoid further dental treatment by cutting down how often your child has food and drinks with added sugars.

Keep sugary foods and drinks to mealtimes only.

Watch out for these hidden sugars:

- Glucose
- Dextrose
- Fructose
- Glucose Syrup
- Maltose
- Honey

Make sure that any snacks are sugar free.

Fresh fruits, fresh vegetables, cheese, toast, plain rice cakes are all healthier choices.



Dried fruits are sticky and sugary and should be kept to mealtimes.

Do not use sweets as rewards for children; try stickers, stars or small toys.

## Drinks

The only safe drinks for teeth are plain water and milk.



All juices, fresh or cordial, even the low or reduced sugar ones can damage teeth.

Sugar free, no added sugar, low sugar, fizzy and diet drinks are all very acidic and will harm teeth. Please keep them to mealtimes.

Children under four years of age should not have sugar free or diet drinks as they are full of artificial sweeteners and are not suitable for young children.

Look out for aspartame, saccharin and sorbitol as they are all artificial sweeteners.

### Sugar free medicines

Always ask for sugar free medicines for your child at the pharmacy or doctors. If they contain sugar it can cause tooth decay.

Medicines are often spread out over the day and may be given during the night.