

The Smile Clinic™

Oral Hygiene advice for Children Age 0-6 years



Delivering Better Oral Health 2017 edition

Tooth decay is the most common oral disease affecting children and young people in England, yet it is largely preventable. Although oral health is improving in England, the oral health survey of five-year-old children in 2017, showed that just under a quarter of 5 year olds have tooth decay (PHE National Dental Epidemiology Programme for England, 2017)

Almost nine out of ten hospital tooth extractions among children aged 0 to 5 years are due to preventable tooth decay and tooth extraction is still the most common hospital procedure in 6 to 10 year olds according to Public Health England data up to 2019.

Tooth decay could be prevented by cutting down on sugar and brushing teeth with fluoride toothpaste. The cost to the NHS of treating oral conditions is about £3.4 billion per year.

Regularly consuming food and drinks high in sugar increases the risk of tooth decay and can lead to an increased risk of obesity and type-2 diabetes. Children are still consuming more than the recommended daily limit.

	Advice to be given
Children aged up to 3 years	<ul style="list-style-type: none"> Breast feeding provides the best nutrition for babies
	<ul style="list-style-type: none"> From six months of age infants should be introduced to drinking from a free-flow cup, and from age one year feeding from a bottle should be discouraged
	<ul style="list-style-type: none"> Sugar should not be added to weaning foods or drinks
	<ul style="list-style-type: none"> <u>Parents/carers should brush or supervise toothbrushing</u>
	<ul style="list-style-type: none"> As soon as teeth erupt in the mouth brush them twice daily with a fluoridated toothpaste
	<ul style="list-style-type: none"> Brush last thing at night and on one other occasion.
	<ul style="list-style-type: none"> Use fluoridated toothpaste containing no less than 1,000 ppm fluoride
	<ul style="list-style-type: none"> It is good practice to use only a smear of toothpaste
	<ul style="list-style-type: none"> The frequency and amount of sugary food and drinks should be reduced.
	<ul style="list-style-type: none"> Sugar-free medicines should be recommended

Tooth decay can lead to an infection in the tooth called an abscess.

This causes severe pain and can cause facial swellings.

Treatment of a decayed tooth may require extensive treatment or the removal of the tooth.

Early removal of teeth will cause problems with adult teeth erupting and crowding of the teeth, which we may not be able to correct with braces.

TOOTH DECAY IS PREVENTABLE

HOW TO PREVENT TOOTH DECAY

Follow the advice in the blue boxes

Without sugar, the tooth will not decay. Control your sugar intake.

Visit your Dentist regularly for further advice and examinations

Brush with a fluoridated toothpaste twice a day and do not rinse after brushing

Look out for the hidden sugars. If it tastes sweet, it has sugar.

	Advice to be given
All children aged 3-6 years	<ul style="list-style-type: none"> Brush at least twice daily, with a fluoridated toothpaste
	<ul style="list-style-type: none"> Brush last thing at night and at least on one other occasion
	<ul style="list-style-type: none"> Brushing should be supervised by a parent/carer
	<ul style="list-style-type: none"> Use fluoridated toothpaste containing more than 1,000 ppm fluoride
	<ul style="list-style-type: none"> It is good practice to use only a pea size amount
	<ul style="list-style-type: none"> Spit out after brushing and do not rinse, to maintain fluoride concentration levels
	<ul style="list-style-type: none"> The frequency and amount of sugary food and drinks should be reduced
	<ul style="list-style-type: none"> Sugar-free medicines should be recommended
Children aged 0-6 giving concern (eg, those likely to develop caries, those with special needs)	All advice as above plus:
	<ul style="list-style-type: none"> Use fluoridated toothpaste containing 1,350 -1,500 ppm fluoride
	<ul style="list-style-type: none"> It is good practice to use only a smear or pea size amount
	<ul style="list-style-type: none"> Where medication is given frequently or long term request that it is sugar free, or used to minimise cariogenic effects