

Useful information

Ashton, Leigh & Wigan	Leigh Health Centre Pemberton Health Centre	01942 483401 01942 481930
Bolton	Lever Chambers	01204 403215
Bury	Moorgate Primary Care Centre	0161 4779866
Chester	Fountains Health Centre	01244 385563
Halton	Hallwood Health Centre	01928 593400
Heywood	Phoenix Centre	01706676743
Rochdale	Nye Bevan House	01706 677017
Oldham	Oldham Integrated Care Centre	0161 6213614
St Helens	St Helens Dental Clinic	01744 731395
Stockport	Kingsgate House	0161 2044720
Tameside & Glossop	Ashton Primary Care Centre	0161 3427150
Trafford	Seymour Grove Health Centre	0161 7863331
Warrington	Bath St. Health & Wellbeing Centre	01925 946293
Widnes	Healthcare Resource Centre	0151 4955042
Winsford	Dene Drive Primary Care Centre	01606 544188

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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**Bridgewater
Community Healthcare**
NHS Foundation Trust

Community Dental Service

Information for parents and carers about oral care for children with swallowing difficulties



Quality first and foremost

Children who are non-orally fed

Good oral care is especially important for children who are tube fed because:

- It makes the mouth feel comfortable. Mouths only feel comfortable if they are clean
- Tooth brushing stimulates the mouth and can help to reduce hypersensitivity
- Brushing the gums as well as the teeth will keep them healthy
- Plaque bacteria from the mouth can cause chest infections
- Tooth brushing can help prevent bad breath (halitosis)
- If the tube is temporary, a good oral hygiene habit is already in place for when oral feeding starts again.

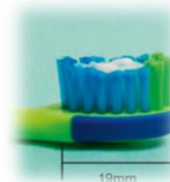
When swallowing is difficult

- Tilt your child's head forward to help prevent aspiration when tooth brushing.
- Use a low foaming or non flavoured toothpaste (the dentist can advise which one is best for your child).
- An aspirating toothbrush which is attached to suction may be needed.

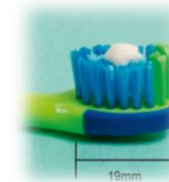
Toothbrushing

- Start brushing as soon as your child's first tooth appears.
- Position your child correctly to protect their airway.

- Brush in the morning and again last thing at night.
- Use a small soft toothbrush or electric toothbrush.
- Use a family fluoride toothpaste containing 1000 parts per million – 1450ppm fluoride. It contains more fluoride than children's toothpaste and will help to prevent decay.
- Do not wet the toothbrush.
- Use the correct amount of toothpaste for your child's age.
- Gently brush all surfaces of your child's teeth and gums.
- Encourage your child to spit the toothpaste out or aspirate / wipe away the excess after brushing. Do not rinse with water or mouthwash.
- Always supervise / help your child during tooth brushing.



A smear of toothpaste for children under three years.



A pea sized amount for children over three years.

Special toothbrushes

There are special toothbrushes that brush three sides of the teeth at once.

The dental team will advise you where you can buy them.

