

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.



www.twitter.com/Bridgewater_NHS



www.facebook.com/BridgewaterNHS

Visit our website at: www.bridgewater.nhs.uk

© Version No: BRIDGE0082 – October 2021 to October 2024
reviewed by Bridgewater Patient Partner Group



**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.

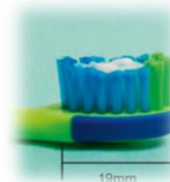
When swallowing is difficult

- 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.

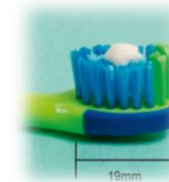
Toothbrushing

- 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.

