

# ORAL HEALTH IN COMPREHENSIVE CLEFT CARE

## Ages 0-2 Years

### What Causes Tooth Decay?

Your teeth are covered by a sticky film of bacteria called plaque



Bacteria turn the sugars in food and drink to acid



The acid breaks down the enamel of the tooth



If the decay gets through the enamel, a hole known as a cavity can form



### Why Should You Brush Your Child's Teeth?

Brushing your teeth for two minutes twice a day means:

- ✓ Your teeth will be clean and healthy
- ✓ You will have fresh breath
- ✓ You will have a sparkling smile!



### Why Is Tooth Decay Bad?

Tooth decay can cause...



Spots on your teeth



Sensitivity to hot and cold food and drink



Loose fillings



Tooth pain



Bad breath

This is what tooth decay can look like!



**Make sure you brush twice daily to maintain healthy teeth!**

### What Causes Gum Disease?



Gum disease is caused by a build-up of plaque



Some bacteria in plaque are good, but some are bad for your gums!



If you don't brush your teeth and remove plaque, your gums may become red, swollen and can bleed!

# Dental Diseases Are Preventable with Good Oral Health

**Lift the lip:** From six months onwards.

Check your child's mouth to see if any teeth have appeared. Check their teeth and gums look healthy.

Watch out for white or brown spots.

**Wipe the gums after each feed:** Before there are teeth present in the mouth, use a soft cloth or finger brush to wipe your child's gums.

**Tooth brushing:** Teeth will begin to appear in the mouth from six months of age. Use a small-headed soft brush to clean babies' teeth and gums with a smear of fluoride toothpaste.

**Avoid putting honey or sweetened drinks in feeding bottles:** This may cause tooth decay.

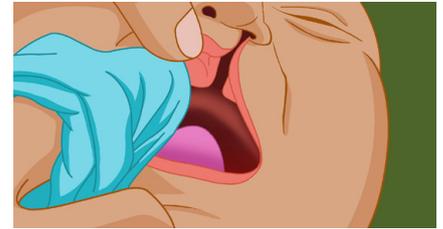
**Clean your child's mouth after each feed,** especially the last feed at night.

**Discourage thumb sucking and dummy use:** This can cause misalignment of teeth as they grow and develop.

**Visit your oral health professional regularly:** To prevent and treat any tooth decay early, children should visit by their first birthday.

**Scar management:** Massage the scar down from the nose to the lip three times daily for 10 minutes. This should be done after the scar is fully healed and sutures are removed.

**Be proud of their scar, it makes your child unique!**



## Obturator (OA) Care:

**1**



Remove the OA and wash in cooled boiled water.

**2**

The mouth should be inspected for any areas of ulceration, bleeding and tooth eruption. The OA may need to be adjusted by the dentist.



**3**

Using a moist swab stick, clean under the flattened nostril.



**4**

Carefully insert the OA slightly sideward for a unilateral cleft and straight for a bilateral cleft.



**5**

Apply soft white paraffin to all lip areas and the pre maxilla as needed and at each feed time.



Content developed by the Oral Health in Comprehensive Cleft Care Task Team: P. Mossey, Muthu MS, H. Zhu, M. Campodonico, L. Orenuga with thanks to the "Toothy Tigers". This is an FDI and Smile Train partnership with support from GSK.

