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 Is Tooth Decay Bad? What Causes Gum Disease?

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Why Should You Brush Your 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

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!
Let’s Avoid These Problems! How?

- Visit your dentist regularly
- Use a fluoride toothpaste (spit, but don’t rinse) 1450ppm F or if high risk 2800ppm F
- Clean between your teeth every day with floss or interdental brushes, paying special attention to the cleft area
- Try to avoid sugary drinks and snacks, limit them to meal times on special occasions if they can’t be avoided (if you’re having fizzy or acidic sugary fruity drinks it’s better to drink them through a straw)
- Choose healthy snacks like fruit, plain crackers, plain yoghurt or cheese
- Only drink milk or water between meals
- Brush twice daily, for two minutes

Now, What About the Scar?

The scar is the natural way of the skin healing after surgery, but you need to take care of it to keep it nice and healthy. Here are some tips:

1. Massage your scar down from the nose to the lip three times daily for 10 minutes
2. Always use sunscreen on your scar
3. And most importantly, be proud of it! It makes you unique

Orthodontic treatment advice

- Cleaning around braces needs special attention
- Clean between the teeth, under the brackets and wires
- Avoid hard, sticky and chewy foods that may break the brace

Additional advice

- Wear a mouthguard for sports (even in the presence of a brace)
- If you wear a denture, remember to take it out before bed every night
- Don’t start smoking and avoid alcohol

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