

Once over 8 years old you still need to check they are brushing their teeth.

Choose a small headed toothbrush no bigger than a pound coin.

Do not wet the toothbrush before cleaning as this dilutes the toothpaste.

Children should spit out and not rinse after brushing. Leaving the fluoride toothpaste in the saliva can help strengthen teeth.

Gums can bleed during brushing, due to plaque being present. Do not stop brushing.

Make sure you brush twice a day for 2-3 minutes.

Brush last thing at night and one other time during the day for 2-3 minutes with a fluoride toothpaste. Brushing last thing at night can help protect the teeth as fluoride in the

Sugar free medicines

Unfortunately some medicines contain sugar, which can cause tooth decay if given frequently for long periods of time.

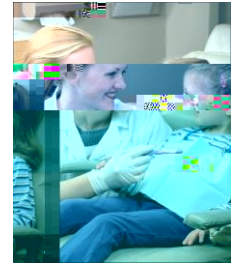
Check with your doctor or pharmacist to see if a sugar-free alternative is available.

If possible, give medicines at mealtimes and not last thing at night.

Visit your dentist regularly

It is important for you and your baby to visit your dentist at least once a year. They will check your teeth and gums to make sure they are healthy.

To find a local NHS dentist, call 03330 063 300 or 01392 822348, or email accessdentalhelpline@nhs.net



Useful contact

Exeter NHS Dental Access Centre

RD&E Hospital (Heavitree)
Gladstone Road
Exeter
EX1 2ED
Tel: 01392 405700

Barnstaple NHS Dental Access Centre

Barnstaple Health Centre
Vicarage Street
Barnstaple
EX32 7BH
Tel: 01271 370562

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

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