

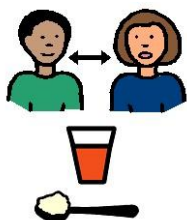
More Information

If you would like more information or help with this leaflet contact:

Community Dental Service



Or

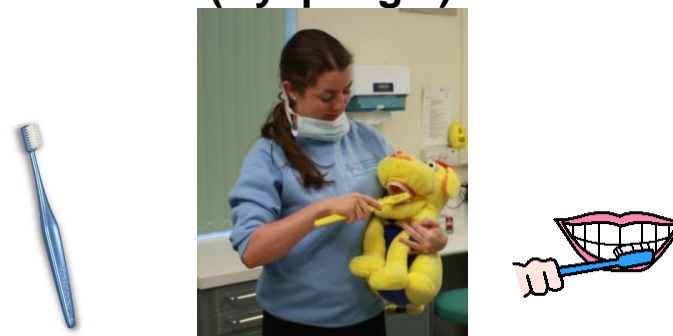


Speak to the swallowing teams about suction equipment



All Wales Special Interest Group

Mouthcare For Children with Swallowing Problems (Dysphagia)



This booklet will support mouthcare for children with swallowing problems



What is a swallowing problem



A swallowing problem is when foods and liquids do not pass easily from the mouth down the throat.

It can lead to:

- choking
- dehydration
- poor feeding and
- chest infections

There are lots of reasons why children have this problem such as cerebral palsy or trauma.



How do we know if a child has a swallow problem?

Here are some of the signs but they can be different from child to child:

- drooling
- hard to swallow
- coughing
- choking
- gurgly voice after swallowing
- lots of chest infections



Dental Equipment

Suction toothbrushes:



- Kimberly-Clark Kim Vent: Ready care oral care www.vap.kchealthcare.com



- Oro-Care 2 www.intersurgical.co.uk
- Plak-Vac: USA ordering.



Dr Barman's superbrush/duo-power www.dentocare.co.uk



Collis-curve toothbrushes www.colliscurve.co.uk



Dental shield www.dentocare.co.uk



Open wide disposable mouth rest www.dentocare.co.uk

Toothpastes

Toothpastes for children to use to stop tartar build-up:



- Aquafresh tartar-control whitening



- Sensodyne Tartar-control plus whitening



- Oral B Pro-expert Whitening/All-round protection



- Oral B Proexpert Sensitive toothpaste



- Sensodyne Total Care



- Colgate Total

What is a Swallowing problem

There can be other problems in the mouth such as:



- The tongue cannot push food down the throat
- Lips cannot close together
- Keeping food in the mouth, in the cheek or under the tongue
- Unable to feel food or drink in the mouth

A dry mouth can make these problems worse.



Mouthcare checklist for swallowing problems

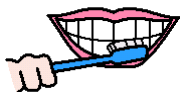
- If a child has someone who helps with their care, a mouthcare checklist should be used. This helps to make sure that the best and safest mouth care is provided.



It is very important that children with a swallow problem have regular checkups with their dentist.

Mouth Care

Mouthcare for children with a swallow problem:

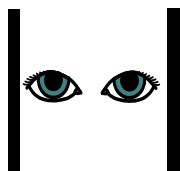


When carrying out mouthcare, think about how to make the child comfortable.

Make sure they are in a seated position, with good head support.



If the child is lying down, try to raise or tilt their head very carefully to one side, with extra pillows.



Before tooth brushing, look in the mouth. Check and remove any food left in the mouth.



Suction out any extra food/fluid or remove with a dry, clean towel.

Mouth Care for unsafe swallows



Children aged over 6 years:

Do the same for young children but also:

- use chlorhexidine gluconate gel/spray twice daily around the teeth and mouth
- massage gel or spray around the gum margins

Toothpastes to use for children with swallowing problems

Toothpastes make bubbles when brushing – try to use one that does not foam (*sodium lauryl sulfate-free*) like:



- **Aquafresh Childrens Little Teeth**
- **Pronamel and Pronamel Childrens**
- **Sensodyne Gum Protection**
- **Bioxtra**
- **OraNurse Unflavoured Toothpaste**

Milk Teeth and Big Teeth toothpaste are **not** SLS-free.

Mouth Care for unsafe swallows

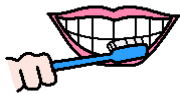


No teeth

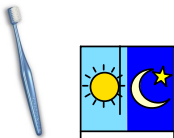
- Every 2 – 3 hours wet the mouth with a soft toothbrush using clean water/saline
- Apply water based moisturiser every 2-3 hours to the lips and inside the mouth, to keep them moist



Children with teeth up to 6 years of age



- Every 2-3 hours, wet the mouth with soft, small toothbrush, using clean water or saline
- Apply water-based moisturiser every 2-3 hours to the lips and inside the mouth to keep them moist
- Brush teeth, twice a day, with small toothbrush, with non-foaming fluoride toothpaste
- Suction or remove out extra fluid with a dry, clean towel.



Mouth Care



Use a toothbrush to clean the mouth and teeth.



You can use an electric, battery- operated,

or



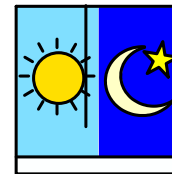
a suction toothbrush, if it is tolerated.



If a child is uncooperative with toothbrushing, a superbrush may help.



Do not use mouthwash for children with swallowing problems.



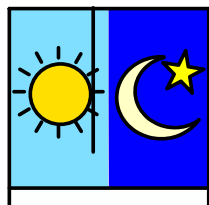
Brush the mouth, teeth and gums every morning and night.

Mouth Care for young children



Children with no teeth:

- Brush gums with a moist, small soft toothbrush



- Brush gums, in the morning and night time, as a good routine



- When teeth first appear use a toothpaste, which contains **1000ppm** sodium fluoride, on a dry, small toothbrush



Nutritional Supplements

SIP Feeds, Tasters:

Some children are given tasters, extra snacks/ drinks, high energy or high protein drinks.

These often contain lots of sugar which can cause tooth decay.

After drinking supplements, it is important to brush teeth thoroughly using fluoride toothpaste.

Fluoride supplements may help prevent decay.



Ask your dentist about having extra fluoride toothpaste to protect the teeth.



Regular dental check-ups are very important, as there is a higher risk of dental decay.

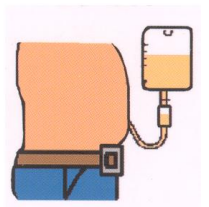
Training and advice in mouthcare is available from the Community Dental Services in your area.

Unsafe swallows

Mouthcare for children with unsafe swallows



Children with unsafe swallows are more likely to accidentally breathe in mouth fluids, like spit (saliva).



These people may be:

- Fed by a tube through the nose (nasogastric tube)
- A tube into the stomach (PEG- fed)
- In intensive care and have tube to breath (intubated/ventilated)



It is very important to brush and clean the mouth and teeth, if a child is not able to eat or drink, which will help stop chest infections.



If using suction, make sure the suction tip is changed every day.



Use a toothpaste with fluoride, that does not foam. Some toothpastes can help stop tartar build up on teeth (see the end of the leaflet).

Mouth Care – young children

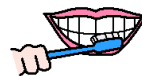
Children with teeth: 3 years and over



- Brush teeth twice a day with a small, **dry** toothbrush



- Use a toothpaste which has **1450ppm** sodium fluoride and is anti-tartar



- Watch children when tooth brushing. Check they do not choke



- Remove extra fluids with a dry, clean towel or suction



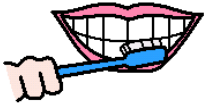
- Apply water based moisturiser, when needed



- Rinse the toothbrush well under running water, when finished tooth brushing

Mouth Care – older children

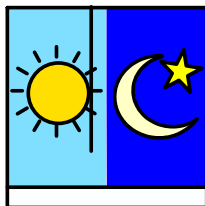
Children aged 6 years and over,
with teeth



- Do the same as for children over 3 years
- Remember to use a **dry** toothbrush



- A mirror will help children to understand why it is important to keep their mouth and teeth clean



- Brush inside the mouth, teeth and gums every morning and night time.

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Mouth Care – older children



- Use chlorhexidine gluconate (Corsodyl) gel/spray around teeth, tongue and gums



- Suction or remove extra toothpaste and saliva out



- A suction toothbrush may be helpful

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