

## Visiting the dentist

Your child should visit the dentist to have regular check-ups. Take your child as often as the dentist recommends.



## Sugar free medicines

Medicines are often spread out over the day and may be given during the night.

Medicines that contain sugar can cause tooth decay.

Always ask for sugar free medicines for your child at the pharmacy or doctors.

## Remember

Brush teeth last thing at night and one other time during the day.

Reduce the amount of sugary foods and drinks given in a day and keep them to mealtimes.

Drinks that contain acids for example diet drinks and natural fruit juices are harmful to teeth.

Visit the dentist as often as they recommend.

Always ask for sugar free medicines.

A list of local dental practitioners is available from: [www.nhs.uk](http://www.nhs.uk)

For more information contact your Oral Health Improvement team.

**Local Community Pharmacy** - Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

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.



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## Community Dental Service

### Oral health care for children



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