

Avoid sticky foods, such as raisins, which can cling tightly to teeth and are hard to remove. Avoid fizzy drinks, juice and other fruit drinks. Water is the safest drink for teeth!

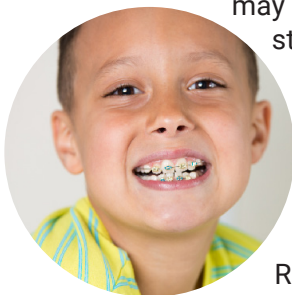
As your child gets older, it will be harder to control what they eat and drink. Try to encourage them to limit snacking in between mealtimes.

Be aware that ultra-processed foods can contain high amounts of sugar. Check the list of ingredients before you buy them. Remember, certain foods marketed as being 'healthy' do contain a lot of sugar e.g. sports drinks. 'No added sugar' does not necessarily mean sugar free. It simply means that no extra sugar has been added to the product.

Can children with bleeding disorders have orthodontic treatment?

Having a bleeding disorder does not mean that your child cannot have orthodontic treatment. If your child needs braces, your orthodontist should discuss their plan with your child's haematology team before treatment begins. The haematology team will need to agree that treatment is possible and will advise your orthodontist on the specific precautions they need to take.

When fitting braces, your orthodontist will take special care to avoid damage to the gums. They may give your child some wax strips to help protect the gums from sharp edges.



Food and plaque can get stuck in between the wires and brackets which can lead to gum inflammation. Remember, good toothbrushing is essential when wearing braces.

For more information on orthodontics and to find an orthodontist near you, please visit <https://www.orthodontist.ie/>.

Follow these simple tips to maintain healthy teeth:

Essential Tips for Maintaining Healthy Teeth

Start toothbrushing when the 1st tooth appears



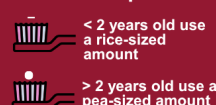
First dentist visit by age 1



Brush 2 times a day



Correct amount of toothpaste



Supervision



Don't rinse after toothbrushing



Avoid sugar & drink plenty of water



Attend your dentist regularly!



For more information on how to care for your child's teeth, please scan this QR code.

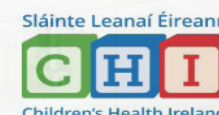
For more information about bleeding disorders, visit www.haemophilia.ie or call 01 657 9900.

Dental Care for Children with Inherited Bleeding Disorders

A Guide for Parents



IRISH HAEMOPHILIA
SOCIETY
Cumann Haemifile Na hEireann



Sláinte Leanaí Éireann
Children's Health Ireland

It is very important for children with bleeding disorders to care for their teeth and gums. Regular visits to the dentist will reduce the risk of dental decay and mouth infections.

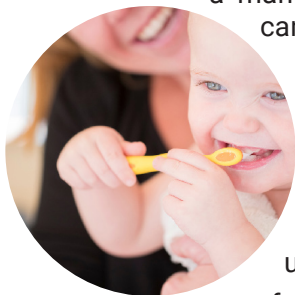
How will teething affect my child?

Your baby's lower front teeth will usually come through first, at about 6 months of age. The upper front teeth usually follow. For most babies, teething is a straightforward process, but some children may feel pain and need extra comfort at this time.

Children with bleeding disorders sometimes encounter bleeding when their baby teeth appear. Prolonged bleeding during teething can be one of the first signs of a bleeding disorder. However, most children with bleeding disorders do not have problems with bleeding when teeth come in and fall out.

When should I start brushing my child's teeth?

As soon as the first tooth appears! Remember, baby teeth are just as important as adult teeth. Use a small soft-headed child sized toothbrush to brush your child's teeth. There is some evidence to show that powered toothbrushes can remove more plaque than manual toothbrushes. However, a manual toothbrush used properly can be as effective.



Brushing at night is very important, as well as one other time during the day. You should continue to help your child brush their teeth until they are at least 7 years of age.

What toothpaste should I use for my child's teeth?

In general, children under 2 years of age do not need toothpaste. However, we recommend that children with bleeding disorders use a fluoride toothpaste (like the rest of their family). Children with special healthcare needs should use a smear (a grain of rice sized amount) of 1450ppm fluoride toothpaste. From 2 years of age, they should use a pea-sized amount of toothpaste.

Do not rinse your child's mouth after toothbrushing. Remember the mantra – 'Spit, Don't Rinse!'. If your child rinses their mouth with water after toothbrushing, the toothpaste will wash away and they will lose the benefits of the fluoride protection.

Healthy gums do not bleed. If your child's gums are bleeding, this could be a sign of gum disease, which can be caused by poor toothbrushing. Continue to brush even if there is bleeding as this will help to reduce the level of bacteria in your child's mouth.

When should I visit the dentist for the first time with my child?

As soon as the first teeth appear, consider bringing your child to the dentist. If possible, try to bring them before their first birthday. This is to familiarise your child with the dental environment and reduce the risk of future dental anxiety. Try not to worry if they don't want to open their mouth, their first visit to the dentist is an opportunity for your dental team to give you advice on how to care for your child's mouth. Ideally, every child with a bleeding disorder should attend the dentist 3-4 times per year. For those with a severe bleeding

disorder, attending the dentist this regularly is especially important.

What type of treatment can the dentist carry out?

You should always inform your dentist of your child's bleeding disorder. Tell your dentist the names of your child's haematology team in case they need advice. Most children can attend their local dentist for check-ups and treatment.

However, a small number with severe bleeding disorders may have their dental care in a specialist hospital setting. Your child's haematology team will let you know which dentist to bring them to.



What should I do if my child suffers a dental injury?

Management of dental injuries can be more complicated for children with bleeding disorders. In the case of dental trauma, you should contact your child's haematology team and dentist.

If your child plays contact or ball sports, they should wear a sports mouth guard to protect their teeth. Mouth guards will need to be changed regularly, to ensure that they fit well and are hygienic, especially if your child has both baby and adult teeth.

What kind of diet should my child follow?

A healthy diet is just as important as effective toothbrushing. Try to avoid snacking in between mealtimes. Frequent sugar snacks and drinks can increase the risk of tooth decay.