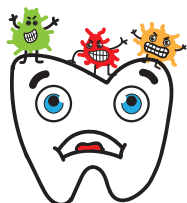


# ORAL HEALTH IN COMPREHENSIVE CLEFT CARE

## Ages 2-6 Years

### 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 Should You Brush Your Child's 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

This is what tooth decay can look like!



**Make sure you brush twice daily to maintain healthy teeth!**

### What Causes Gum Disease?



Gum disease is caused by a build-up of plaque

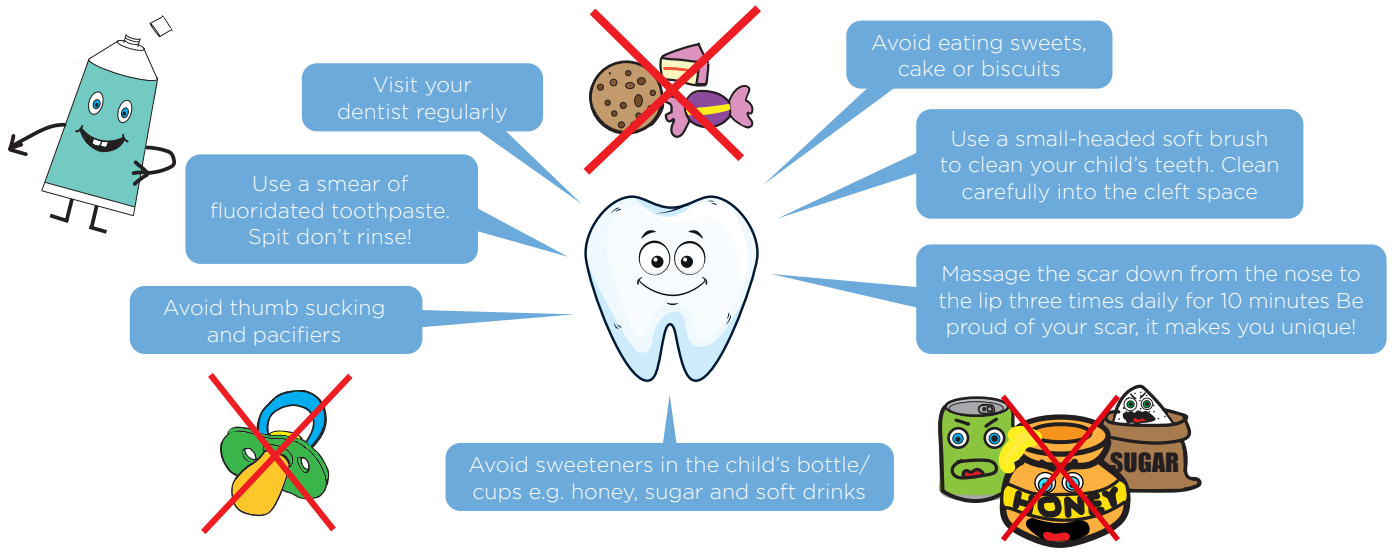


Some bacteria in plaque are good, but some are bad for your gums!



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?




## 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 3 times daily for 10 minutes
2. Always use sunscreen on your scar
3. And most importantly, be proud of it! It makes you unique




## Obturator (OA) Care:




**Remove the OA and wash in cooled boiled water.**


**The mouth should be inspected for any areas of ulceration, bleeding and tooth eruption. The OA may need to be adjusted by the dentist.**




**Using a moist swab stick, clean under the flattened nostril.**



**Carefully insert the OA slightly sideward for a unilateral cleft and straight for a bilateral cleft.**



**Apply soft white paraffin to all lip areas and the pre maxilla as needed and at each feed time.**



Content developed by the Oral Health in Comprehensive Cleft Care Task Team:  
P. Mossey, Muthu MS, H. Zhu, M. Campodonico, L. Orenuga with thanks to the "Toothy Tigers".

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