

BPC Dental Care Meeting, 22nd Sept 2016



Self-help strategies

Parent carers need strategies to help with the oral/dental health of their child/young person with SEND, such as:-

- Different toothpastes
- Different brushes
- What to do at home
- What to do at the dentist

These slides contain just some examples.

There are other sources of support out there too!

Toothpastes



Sensitive to taste? - Unflavoured

www.dentocare.co.uk/Specialist/Special-Needs_2

Sensitive to fluoride? - Fluoride free (get your dentist's advice)

www.colliscurve.co.uk and various high street shops

Can't cope with cleaning? - Fluoride varnish (sometimes called gel)

- should be applied by a dentist, hygienist or therapist, or trained dental nurse, at least twice a year
- more often if at higher risk of developing decay (up to 4 times/year)
- only available at the dentist, not available to purchase

At very high risk of decay? - Prescription for a higher fluoride toothpaste

Brushes



Get it over and done with? – 3-headed brush, wraps around teeth

www.dentocare.co.uk/Specialist/Special-Needs_2 & shops

Likes sensory feedback? – Electric / battery operated rotating and/or ultrasonic brush

- many makes & shops

Need you to brush teeth? Damaged teeth/gums? Small jaws?

Difficulty opening mouth? – Collis Curve brush

www.colliscurve.co.uk

Can't hold a brush? – Handle grips

www.dentocare.co.uk/Specialist/Special-Needs_2

At Home



What to do? – Several resources giving advice:-

- Websites, such as www.autism.org.uk/dentist, and www.healthyteethdevon.nhs.uk/oral-health-information/public/how-to-look-after-your-mouth/tooth-brushing-for-people-with-special-needs/
- Easy read leaflets about teeth and dentists www.easyhealth.org.uk/listing/teeth-%28leaflets%29
- Tooth brushing reward charts, and picture charts showing the steps to follow

Preparing to go to the Dentist? – Booklets, see BPC webpage:-

- BSPD Advice for parents of children with autism
- Looking-after-teeth-for-children-with-extra-needs

Preparing the Dentist for your visit? – resources that cover things the dentist needs to know about your child, and what questions/facts to go over with them beforehand:-

- www.autism.org.uk/about/health/dentists
- 'Dental Care and Autism' leaflet (it can be adapted), see BPC webpage

At the Dentist



Get to know dentist & room slowly – let your child regularly go with you as observer, when you have your check-up

Let them watch – see you're okay in the chair (not while you're having filling though!)

Doesn't like the chair? – start on your lap, then on a normal chair, before the dental chair

Doesn't like bright light? – Wear sunglasses

Doesn't like the noise? – Wear headphones

Doesn't let anything in their mouth? – Dentist starts just looking in their mouth, slowly (over many visits) progress to a blunt tool (mirror), before anything sharp