

This leaflet has been written to help manage diabetes at home.  
Do not rely on this leaflet alone for information about your child's treatment.

If you require any further information, please telephone and ask for your paediatric diabetes specialist nurse.

The diabetes team are here to support you: if you have any questions contact the diabetes team on:

**Ormskirk:**

- Paediatric Diabetes Office: 01695 656766 or 01695 656 867.
- Children's Ward, Ormskirk Hospital: 01695 656 912.

**Whiston:**

- Whiston Hospital: 0151 430 1404.

Whiston Hospital,  
Warrington Road, Prescott,  
Merseyside, L35 5DR  
Telephone: 0151 426 1600

Southport Hospital  
Town Lane, Kew, Southport,  
Merseyside, PR8 6PN  
Telephone: 01704 547 471

Ormskirk Hospital  
Dicconson Way, Wigan Road,  
Ormskirk, Lancashire, L39 2AZ  
Telephone: 01695 577 111

# Caring for your teeth

## Patient information leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Everyone should look after their teeth, but you need to take some extra care when you have type 1 diabetes.

### Tooth decay

- Eating or drinking sugary things and not brushing your teeth regularly can lead to tooth decay.
- Treating your hypos means having to eat more things with sugar in them, which can cause more tooth decay.
- Tooth decay can be painful and lead to infections, which can be harder to treat when you have diabetes.

### Gum disease

- This is caused when bacteria from food makes your gums irritated.
- If your diabetes is not very well controlled, you are more likely to get gum disease.
- However, gum disease can also make controlling your diabetes even harder.
- Looking after your teeth can help prevent this cycle.

### Oral thrush

- Thrush is a fungal infection that grows more when your blood glucose levels are running high.
- Thrush causes a white coating on your tongue and the roof of your mouth and can feel sore.

Fact: one 330ml can of regular cola is equal to 10 teaspoons of sugar. Try to limit that sugar damage.

## So what can you do to help look after your teeth?

### Healthy brushing

- Brush your teeth for a minimum of 2 minutes at least twice a day with fluoride toothpaste.
- Ensure that you are having the recommended dose of fluoride (1350-1500ppm).
- Check your toothpaste box as this information is displayed on there.

### How much toothpaste should I use?

- Under and up to 3 years old: 1 pea-sized blob.
- 3 years old and above: 1 double pea-sized blob.
- Spit out your toothpaste but do not rinse your mouth afterwards. This helps to keep that fluoride working after you brush. Use the 'Brush DJ' phone app for help with timing your brushing, flossing and more.

### Tips

- Try to limit your sugary food and drinks to mealtimes.
- Fizzy drinks and sticky sweets should not be used to treat your hypos.
- If you have a sugary drink, try using a straw. Rinse your mouth afterwards with water or, if you are over 6 years old you could use a fluoride mouthwash.

### Visit your dentist

- Ensure that you are registered with your local dentist and talk to them if you have any problems with your teeth.
- It is very important that you have a check up with your dentist at least twice a year and that they are aware that you have type 1 diabetes.