


Watch Out!



Some 'healthy' food can contain a lot of sugar, such as some cereals so check labels.

'No added sugar' juice STILL HAS SUGAR in it and can still cause tooth decay.



 **SPIT, DON'T RINSE.** After you brush your teeth, just spit the toothpaste out, do NOT rinse with water or mouthwash



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Date written: April 2016
Date for review: May 2019
Version: 1.0
Code: P11374

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The evidence used in the preparation of this leaflet is available on request. Please email patient.information@salisbury.nhs.uk if you would like a reference list.

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How to avoid....

Tooth Extractions under General Anaesthetic



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Why have I had some teeth out under general anaesthetic?

Tooth decay is the most common reason for children aged 5-9 to be admitted to hospital.

It happens when bacteria in the mouth turn sugar into acids, which then rot the teeth.



Sugar + bacteria + tooth = decay






Baby teeth rot very easily, so you have to take really good care of them!

“But they are just baby teeth, they will fall out anyway”.....

- tooth decay can cause a lot of pain and infection, leading to children feeling very poorly.
- children with tooth decay in their baby teeth are more likely to develop similar problems in their adult teeth.
- children who have baby teeth taken out early are more likely to have crowded adult teeth and need braces when they are older.



How can I avoid this happening again?

- visit your dentist regularly 
- brush your teeth with fluoride toothpaste 2 times a day for 2 minutes, under adult supervision
- only eat sugary foods and drinks with meals, look out for hidden sugars 
- drink only water or milk between meals 
- drink only water at night.

It's the frequency of sugars rather than the quantity that causes tooth decay. So save up all your sweets for a treat at the end of the week.



GOOD low sugar snacks include breadsticks, crisps, vegetable sticks, cheese sandwiches, watery fruit such as grapes



AVOID sugary food in between meals such as cakes, sweets, biscuits, chocolate, fizzy drinks, fruit juice, squash, milkshakes.

Top tips

Drink some water after your snack to help clear your mouth of any left over sugars from your food.



It's better to eat a bag of sweets all in one go rather than snacking on them throughout the day.

It's better to drink juice/squash/pop all in one go rather than sipping it over a period of time.



Drink through a straw to help reduce the amount of sugar touching your teeth.



Eat a small piece of cheese after a snack to help neutralise the acids in your mouth and protect your teeth from decay.