

Tooth Decay is caused by sugar - including sugar in medicines

Sugar-free medicines for children are widely available over the counter for help with:

Fever and pain relief

Coughs

Sore throats

Teething

Infections

Asthma



Tonics and multivitamins are also available in sugar-free forms.

Remember always request sugar-free medicines from your Doctor, Dentist and Pharmacist/Chemist.



Sugar in Medicines

Tooth decay is caused by the frequency and amount of sugar in food and drinks. Medicines, which contain sugar, can also contribute to tooth decay

There is less saliva produced during sleep, so if sugar containing medicine is taken last thing at night then the sugar is left lying around the teeth throughout the night. This greatly increases the risk of tooth decay. Remember to always brush teeth last thing at night. Young children often prefer a liquid medicine, however it is better to change to a tablet form as soon as they are able to swallow them.

Remember always request sugar-free medicines from your Doctor, Dentist and Pharmacist/Chemist.



Some children on long term medication maybe at higher risk of tooth decay - ask your dental team for advice.