

Oral Health Care for a Child with a Heart Problem

0-5 years of age

Looking after
your child's teeth
and gums helps
protect their
smile and their
heart.

It is important for a child with
a heart problem to keep their
mouth healthy and free from
bacteria (germs) on and
around the teeth. Ask your
cardiac team about
what this means
for your child.



DHF
Dental Health
Foundation
Ireland

Visit your dentist by your child's first birthday and tell them of their heart condition.



Tooth Tips

- Start brushing as soon as the first tooth appears. Use a soft brush and a rice-sized amount of fluoride toothpaste (1450ppm).
- Press the fluoride toothpaste into the brush and wipe it over the teeth before brushing.
- From age 2, use a pea-sized amount of fluoride toothpaste.
- Help your child brush and spit out the toothpaste. Don't rinse after brushing.
- Always brush all teeth and along the gumline twice a day - at bedtime and one other time.



Healthy Eating & Drinking

- Give your child a healthy, balanced diet.
- Choose nutritious snacks like fruit, veggies, cheese, natural yoghurt, and wholegrain crackers.

- Water and milk are the best drinks for teeth.
- Avoid sugary foods and drinks – they can cause tooth decay.
- Don't let your child fall asleep with a bottle in their mouth.
- From 6 months move to an open cup.



Seeing the Dentist

- Taking your child to the dentist every 3-6 months from their first birthday will help them to become familiar with the dental team and build a positive attitude to dentistry.
- Check your child's teeth often. Lift their top lip and look for white spots, brown marks, or holes. If you see anything, visit the dentist right away.
- Ask your dentist about treatments such as fluoride varnish to help keep teeth strong

