

Dental Care for a Child with a Heart Problem



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.

TIPS FOR CLEAN TEETH & GUMS

- When the first tooth appears, brush with a rice-sized amount of fluoride toothpaste twice a day.
- When your child is 2 years of age, increase the amount of toothpaste to a small pea size and brush twice a day.
- Help your child with brushing and spitting out any remaining toothpaste. Don't rinse after brushing.
- Brush all teeth and gums before bedtime and in the morning.

HEALTHY EATING

- Give your child a healthy, balanced diet.
- Sugary foods and drinks can cause tooth decay.
- Plain water and milk are the best drinks.
 - It is best to finish feeding your child before putting them to bed.



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

