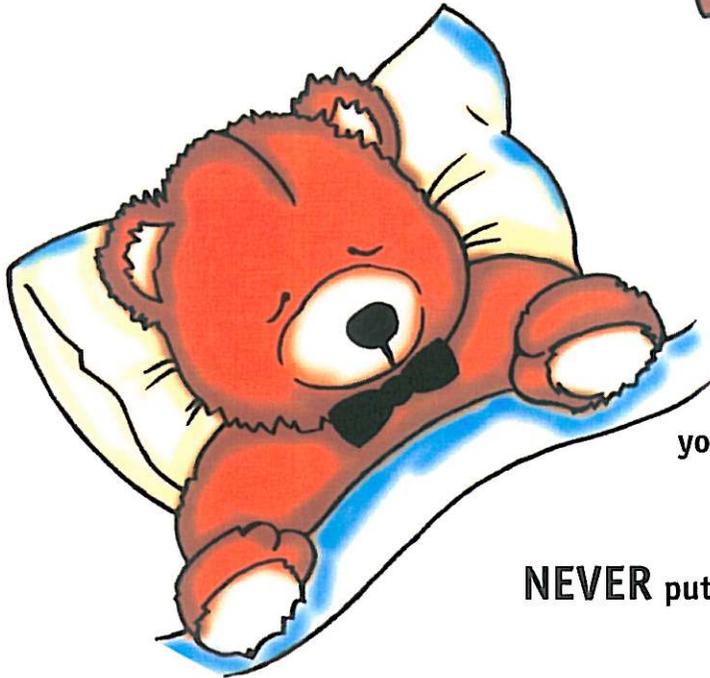
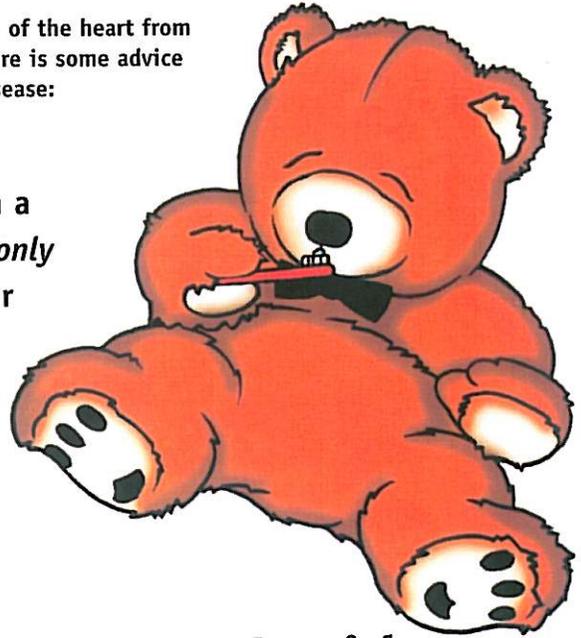


# DENTAL CARE FOR THE CHILD WITH A HEART PROBLEM

A child with congenital heart disease can develop an infection of the heart from bacteria (germs) that are present on and around the teeth. Here is some advice concerning dental care for your child with congenital heart disease:

Keep the teeth and gums **clean** and healthy by brushing regularly with a small amount of fluoride toothpaste (*only the size of a small pea*). Supervise your child's brushing and make sure that toothpaste is not swallowed.



**Avoid** sugary snacks (sweets, chocolates, biscuits, bars etc) and sugary drinks between meals and at bedtime. Make sure that your child **does not** sleep with a bottle in his or her mouth. Use **sugar-free** medicines where appropriate  
**NEVER** put juices or fizzy drinks in a baby's bottle.

Visit the dentist **regularly** from an early age and ask about preventive treatment. **Remember to inform the dentist of your child's heart condition.**



Dental treatment may be provided free at your local HSE dental clinic, or if you wish by your family dentist or specialist children's dentist at your own expense.



**HENRY BEAR**



Dental Health Foundation  
Ireland