



## 13-17 Years

# iCAN look after my Dental Health with JIA, JHS & TMJD

JIA, JHS & TMJD can affect the way we care for our dental health. Cleaning can be more difficult leading to plaque being left in the mouth and a higher risk of tooth decay or gum disease.

Visit your dental team every 6 months for advice and a check up. Ask for shorter appointments & rest during the appointment. Reschedule if your joints are painful. Use this card to develop a flare plan, refer to it for your JIA & TMJD.



[www.dentalhealth.ie](http://www.dentalhealth.ie)



Dental Health Foundation  
Ireland



For tips please  
turn over

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### **iCan manage my Dental Health during a flare up**

- ☹️ Sit rather than stand while brushing & flossing.
- ☹️ Ask for physical help rather than neglect brushing & flossing.
- ☹️ Try using an electric toothbrush, long handled flossers or floss handle aids.
- ☹️ Always brush twice a day with a fluoride toothpaste (at least 1,000ppm) for 2-3 minutes. Spit don't rinse.
- ☹️ If your dental team advises you to use a mouthwash, use a non-alcoholic one. Don't use straight after brushing, choose a different time such as after lunch.

### **iCan make healthy choices**

- ☹️ Choose healthy snacks between meals. Limit sweets and sugary drinks, and only have at mealtimes. Choose non-food treats e.g movie
- ☹️ Read food labels for sugar content. Less than 5g per 100g is low sugar.
- ☹️ Avoid smoking- it can cause bad breath, staining on teeth & is a risk factor for mouth cancer.
- ☹️ Oral piercings can lead to infections, chipped or cracked teeth & damaged gums.

### **iCan manage my Dental Health with TMJD**

- ☹️ Seek tailored oral hygiene advice from your dental team. Have a daily care plan in place.
- ☹️ Rest the jaw joint - eat soft foods. Avoid chewing gum, toffees, hard rolls or large sandwiches.
- ☹️ Daily TMJD physio - hold a cold or warm flannel to the jaw & do some gentle jaw stretches.
- ☹️ Massage the muscles around the jaw. Avoid abnormal jaw movement when brushing or flossing.
- ☹️ Protect the TMJD during yawning by holding both hands or a closed fist under the jaw.
- ☹️ Clenching of the jaw can occur with stress, use relaxation techniques to relieve stress.
- ☹️ Wear your prescribed bite appliance.

### **General Tips**

- ☹️ Some medications can cause dry mouth. To help manage this, sip water & use an oral lubricant.
- ☹️ Avoid sucking sweets or drinking sweet drinks as these can cause tooth decay.
- ☹️ If you have mouth ulcers, seek advice from your dental team or doctor. Folic acid supplements may help.
- ☹️ Wear a lip balm containing sunblock.