

## Mouth Care Advice for Children with Type 1 Diabetes

Children with diabetes are more likely to have problems with their mouth and teeth. It is important to look after your mouth every day and see a dentist regularly for check-ups.

### Tooth decay

This happens when we eat or drink too much sugar and do not brush our teeth regularly. Holes in teeth can lead to pain and infections. Infections can be harder to treat when you have diabetes.



Children with diabetes can be more at risk of tooth decay if they have poor blood sugar control, especially if they are having lots of low blood sugars (hypos), which then need sugary food or drink to manage.

### Gum Disease

Gum disease happens if food and bacteria sit on your teeth and gums for a long time each day. If you have poor blood sugar control you are more likely to get gum disease, and if you have gum disease it can be harder to control your blood sugars!



## What can I do to help keep my mouth healthy?

**Go to your dentist** at least every 6 months. This is free for under 18s!



Use the **Brush DJ** app for help with toothbrushing.



Wait 20 minutes before brushing your teeth if you have had something acidic (like orange juice).

Brush your teeth **twice a day** with fluoride toothpaste. Spit out the toothpaste but don't rinse it off.

Try to keep sugary foods and drinks to **mealtimes** and don't eat or drink after your last brush at night if you can.



After having something sugary or acidic:

- Drink plain water
- Rinse out with a **fluoride mouthwash** (over 7yrs)
- Chew **sugar free chewing gum** (over 7yrs)