



Supporting you to have a healthy mouth



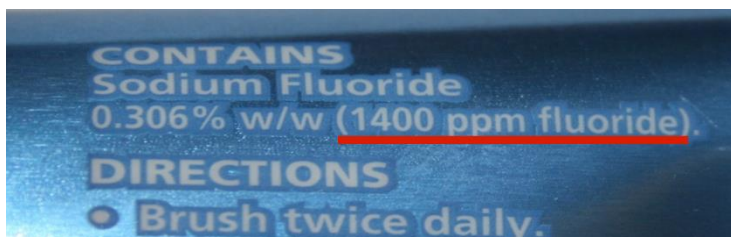
The information and advice in this easy read guide is for adults and children with additional needs, and those who support them, about how to look after their teeth and mouth and how and when to see a dentist in Barnsley.



Top tips for a healthy mouth, teeth and gums

Brush your teeth and gums at least twice a day.

Make sure your toothpaste contains fluoride because it helps to strengthen teeth and stop decay. Brushing away plaque can prevent gum problems.



The amount of fluoride in toothpaste can be found on the side of the tube (see the picture).

Toothpaste containing

1350-1500ppm fluoride should be used to help protect against tooth decay.

Most 'own brand' supermarket toothpastes are suitable and more affordable.

Choose a brush which is small enough to reach to the back of your mouth easily and is not too hard or soft.

You could use a normal toothbrush which you have to move around your teeth and gums or an electric toothbrush.



If it is difficult to use a toothbrush, there are some you can buy which have grips to help you hold them or three heads in one to help clean the teeth.



Remove any false teeth (partial dentures) before you brush your own teeth.

Remember to brush your teeth last thing at night and at least one other time during the day.

Brush for at least two minutes each time.



Make sure you brush every surface of each tooth, especially where the tooth meets the gumline.

After brushing your teeth, spit out the toothpaste. Do not rinse your mouth because this would wash away the fluoride which helps to protect teeth.

Talk to the dentist about how to clean in-between your teeth.

Click on the link here to see a video on how to brush your teeth:
<https://tinyurl.com/4v6xepww>

Children

Parents or carers should brush their children's teeth as soon as they come through.

For those with swallowing or sensory difficulties you may prefer to use a fluoride toothpaste that does not foam and has a milder taste



Figure 1



Figure 2

Children under 3 years should only use a smear of toothpaste (Fig 1)

Children aged 3-6 should only use a pea-sized amount of toothpaste (Fig 2)

Parents or carers should brush their children's teeth or supervise their child whilst brushing up to the age of 7 and ensure toothpaste is not eaten.

Looking after dentures (false teeth)



Don't forget to keep your dentures clean too, to prevent mouth infections.

Remove your dentures from your mouth and rinse them after every meal.

Take them out and brush them at least once a day with a denture brush (or a toothbrush which is only used for your denture) and

denture cleaning paste or liquid soap. Then rinse your dentures with water.

After brushing, you may also wish to soak your dentures in a denture cleaning solution.

Keep your dentures out of your mouth when you go sleep at night.

When your dentures are out of your mouth, keep them safely in a denture pot with your name on it.

Make sure your dentures are marked with your name so they don't get lost – this can be done when they are made or written on afterwards. Speak to your dentist about marking your dentures with your name.

You can watch this video on how to clean dentures:

<https://tinyurl.com/3re3jw6y>

Having a good diet

Sugar causes tooth decay so it is best to only have sugary foods and drinks occasionally.

Avoid sugary foods and drinks between meals and just before you go to bed at night.

Choose healthier low sugar snacks between meals such as fruit, savoury sandwiches, breadsticks or sticks of vegetables such as carrots.



Reducing your risk of mouth cancer and gum problems



Smoking tobacco and using other types of tobacco such as Paan or Gutkha, seriously affects your health. They can cause gum disease and mouth cancer.

Regularly drinking more than 14 units of alcohol a week can poorly affect your health and can cause mouth cancer.

One unit of alcohol is one half pint of 'regular' beer, lager or cider; half a small glass of wine; one single measure of spirits; or one small glass of sherry.

Using both tobacco and alcohol puts you at even more risk of getting mouth cancer.

For help to stop smoking, you can contact Yorkshire Smokefree Barnsley:

- Phone free from landlines: 0800 612 0011
- Phone free from most mobiles: 0330 660 11 66
- Text: 'ysf' to 80800
- Quit online: <https://barnsley.yorkshiresmokefree.nhs.uk/>

For help to manage alcohol or drug use, you can contact:

- Barnsley Recovery Steps on 01226 779066, or
- email: brs.referrals@humankindcharity.org.uk
- Website: <https://humankindcharity.org.uk/service/barnsley-recovery-steps/>

DrinkCoach is a free online tool offering advice and coaching sessions to support people to drink less

<https://drinkcoach.org.uk/barnsley-page>

Going to see a dentist

Everyone needs to see a dentist, even if your mouth doesn't hurt or you don't have any teeth.

Adults should have a check-up at least once every two years and children at least once a year. Your dentist will tell you how often you need to see them.



The dentist will do a check-up and then work out if you need any treatment. They can do things like fillings to repair holes in teeth, take teeth out, make false teeth (dentures), clean teeth and do gum treatments.

If you are worried about seeing a dentist or do not know what to expect, you may find it helpful to look at these information sheets to understand what happens at the dentist and the people you will meet when you visit a dentist: <https://widgit-health.com/downloads/dental-procedures.htm>

You may also find it helpful to watch this video, which explains in words, symbols and Makaton signs, what happens on a regular visit to see the dentist: <https://tinyurl.com/c9n5ctf4>

Finding an NHS dentist



Dental practices can only take on new people to be their regular patients if they have appointments available.

Find a dental practice that is easy for you to get to, and phone them to see if they have appointments available.

To find a regular dentist you can search:

<https://www.nhs.uk/service-search/find-a-dentist>

Not all dental practices will be able to take on new NHS patients.

You may have to join a waiting list or look for a different dentist who is taking on new NHS patients.

You may also wish to see a private dentist.

What to do if you have a problem with your mouth

You need to go straight to a hospital accident and emergency department for emergency treatment if:

- you have bleeding that cannot stop after you have had a tooth taken out.
- your neck or eye is swollen.
- you are finding it hard to breathe or swallow.
- you have an injury to the mouth or face.

You will need to see a dentist as soon as possible for urgent dental care if you have:

- a very painful tooth or pain in your face which is not controlled by painkillers
- a tooth infection or swelling in your mouth

- knocked out an adult (permanent) tooth (you may be directed to your nearest hospital accident and emergency department)

If you do need urgent dental care, please contact your own regular dentist or another local dentist for an appointment.

To find a local dentist for urgent dental care, you can use the Find a Dentist website: www.nhs.uk/service-search/find-a-dentist

If you cannot get an appointment and **need urgent dental care, please contact NHS111.**

You can go online to 111.nhs.uk (for people aged 5 and over only) or you can call 111.

The service is available 24 hours a day, 7 days a week.

If you have difficulties communicating or hearing, you can:

- call 18001 111 using text relay (in an emergency text users can call 18000 to get through to 999).
- use the British Sign Language service signvideo.co.uk/nhs111
- call 111 and ask for an interpreter for other languages.



What to expect when you contact NHS 111

You will be asked questions about your symptoms on the NHS111 website, or by speaking to someone on the phone to find out what your dental problem is.



You may then be offered an urgent dental appointment.

NHS 111 urgent dental appointments are **not available all the time**.

You may need to travel to another town or city for the appointment.

The dentist will only try to fix the main problem you have.

You will need to pay for your treatment unless you are [entitled to free treatment](#). NHS treatment is free for children, people who are pregnant or who have recently had a baby and for people on some benefits.

You will need to see your regular dentist or find a regular dentist for any other treatment which isn't urgent.

If you need extra support at the dentist

The Community Dental service provides care for children and adults who find it difficult to receive treatment in a regular general dental practice.

They look after people with:

- severe learning disabilities
- physical disabilities
- mental illness
- patients who are elderly or housebound
- those who have a medical condition which affects their dental care.

A health care professional like a doctor or nurse can arrange for you to go to this service. You may wish to chat about this with those who support you.

For more information please contact the Community Dental team on:

- Barnsley (New Street Health and Wellbeing Centre) 01226 645150