

IMPORTANT POINTS

In order to keep a healthy mouth remember:

- Keep the mouth as clean as possible. Unclean mouths lead to discomfort and can make people generally unwell
- If a sore mouth is suspected then a dental appointment is necessary to identify the cause
- When using toothpaste, try to use a low foaming fluoride toothpaste, this may help to reduce gagging
- Use a smear of toothpaste for babies and toddlers under three, use a half pea sized for children and a pea sized quantity for adults
- Make sure the toothpaste contains fluoride, as fluoride helps to prevent decay
- The amount of Fluoride will be marked on the tube or package in the ingredients list. Try to use toothpaste with 1450 parts per million (ppm)



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NHFT rating



Dental rating

If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলটেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগে করুন

Jei šią skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku, prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați

PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

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DENTAL CARE FOR PEG FED PATIENTS



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MAKING A
DIFFERENCE
FOR YOU,
WITH YOU

PEG FED PATIENTS

Adults and children who are peg fed should still have a tooth brushing routine. Brushing helps to remove plaque, which is the bacteria that builds up on teeth.

WHY BRUSH?

- Plaque bacteria can cause tooth decay, mouth soreness and chest infections if it is allowed to build up
- Tooth brushing is important as it helps to make the mouth more comfortable
- Bad breath can also be caused by a poor or non-existent brushing routine
- Brushing also helps to stimulate the mouth, encourages saliva flow and reduces sensitivity.

IT IS IMPORTANT TO REMEMBER:

Where adults or children have a food/drink intake (e.g. food tastings - solid food or purées), it is still important to limit the frequency and the amount of sweet foods or drinks that are given during these taste sessions or between meals.

TOOTH BRUSHING TIPS

Brush twice a day using a family toothpaste containing 1450ppm fluoride (see image below). Using a smear of toothpaste for children under three, a small pea sized amount for children over three and a pea sized quantity for adults.

After brushing spit, don't rinse.



FOR SENSITIVE MOUTHS

It is important to keep brushing using a small toothbrush at least twice a day.

Use a low foaming toothpaste to help reduce gagging and sensitivity.

To help prevent inhalation of toothpaste when brushing, tilt the head forward.

After brushing, spit out excess toothpaste, but do not rinse.

For babies, you can use a dummy when peg feeding as this helps to stimulate saliva.

AIDS FOR BRUSHING

Massaging the lips and cheeks before tooth brushing may relax the lips.



A triple-head toothbrush may help to clean several surfaces at once.



Two small toothbrushes taped together can make a good prop for keeping the mouth open.



Alternatively, a Bedi finger prop can be used (see image above).