

ORAL HEALTH IN COMPREHENSIVE CLEFT CARE

Ages 12-18 Years

What Causes Tooth Decay?

Your teeth are covered by a sticky film of bacteria called plaque



Bacteria turn the sugars in food and drink to acid



The acid breaks down the enamel of the tooth



If the decay gets through the enamel, a hole known as a cavity can form



Why Should You Brush Your Teeth?

Brushing your teeth for two minutes twice a day means:

- ✓ Your teeth will be clean and healthy
- ✓ You will have fresh breath
- ✓ You will have a sparkling smile!



Why Is Tooth Decay Bad?

Tooth decay can cause...



Spots on your teeth



Sensitivity to hot and cold food and drink



Loose fillings



Tooth pain



Bad breath

This is what tooth decay can look like!



Make sure you brush twice daily to maintain healthy teeth!

What Causes Gum Disease?



Gum disease is caused by a build-up of plaque



Some bacteria in plaque are good, but some are bad for your gums!



If you don't brush your teeth and remove plaque, your gums may become red, swollen and can bleed!

Now, What About the Scar?

The scar is the natural way of the skin healing after surgery, but you need to take care of it to keep it nice and healthy. Here are some tips:

1. Massage your scar down from the nose to the lip three times daily for 10 minutes



2. Always use sunscreen on your scar



3. And most importantly, be proud of it! It makes you unique



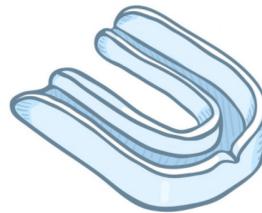
Orthodontic treatment advice

- Cleaning around braces needs special attention
- Clean between the teeth, under the brackets and wires
- Avoid hard, sticky and chewy foods that may break the brace



Additional advice

- Wear a mouthguard for sports (even in the presence of a brace)
- If you wear a denture, remember to take it out before bed every night
- Don't start smoking and avoid alcohol



Content developed by the Oral Health in Comprehensive Cleft Care Task Team:
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