

My Planned Care Patient Information Platform

Paediatric Dentistry – Waiting well

Introduction

The conditions treated by the Paediatric Dentistry team for children and young people up to the age of 16 years are; complex dental trauma (injured teeth), dental caries (decayed teeth) and developmental anomalies (missing teeth, extra teeth and teeth with an unusual appearance), and minor oral surgery procedures (un-erupted teeth, biopsies etc).

Dental care is provided for children and young people with complex medical conditions and/or behavioural and learning difficulties. There are combined paediatric dentistry and orthodontic clinics. The majority of care is provided in an out-patient setting, with local anaesthetic and/or inhalational sedation if appropriate. Treatments offered are restorations (fillings in teeth), stainless steel crowns for baby molar teeth, aesthetic treatments (for instance for the improvement in the appearance of discoloured front permanent teeth, missing teeth, replacement of teeth lost through trauma), root canal treatment of adult anterior incisors (fillings in teeth which have 'died', usually front teeth that have been injured), extractions needing surgical in-put.

Comprehensive dental care (fillings and extractions) under general anaesthetic is only provided for children and young people who have a complex medical history, are vulnerable, or have severe behavioural issues or learning difficulties.

Multiple extractions of adult molar teeth, or baby teeth can be offered under inhalational sedation or general anaesthetic, for children and young people who are otherwise fit and well.

Minor oral surgery procedures can be offered under inhalational sedation or general anaesthetic as appropriate.

Routine orthodontic extractions are not provided under local anaesthetic, inhalational sedation or general anaesthetic.

Guidance for Patients

Whilst you are waiting for your appointment, we would recommend that you continue to see your referring dentist for routine and regular check-ups, and for any dental pain/ infection until your consultation. Your dentist should contact us if your child experiences symptoms that they are unable to resolve, for instance:

- Severe pain of several days duration, not controlled by pain killers.
- Facial swelling and raised temperature

Brush your teeth for 2 minutes at least twice a day using a fluoride toothpaste, spit don't rinse out the toothpaste, and ensure an adult helps with brushing if the child is under 8 years of age. There are several apps/videos available to help. You Tube- search tooth brushing song.

Eat a healthy diet that is not high in sugar, keep sugary foods and drinks to mealtimes only, drink water in between meals, and snack on savoury foods or fresh fruit and vegetables.

We would particularly recommend following the advice on keeping yourself well whilst waiting:

- <https://www.sugarsmartuk.org>

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- British Society of Paediatric Dentistry Information for Patients and Parents- <https://www.bspd.co.uk>

Other good sources of information include

There is lots of information available on taking care of your gums, such as the impact of eating well, exercise and lifestyle changes on the following links:

- NHS Live Well: Take care of your teeth and gums (Children's teeth) - NHS (www.nhs.uk)
- Oral Health Foundation: Caring for my teeth and gums - [Oral Health Foundation \(dentalhealth.org\)](http://dentalhealth.org)

What should I do if my health is deteriorating?

Dental Practices are still open

Please contact your Dental Practice for advice if you feel your condition is deteriorating.

Dental Practices are still open but may be working differently to how they did before the COVID-19 pandemic.

Dental Practices can contact the Paediatric Dentistry department for advice if needed.

Urgent Health Advice

For urgent health advice about physical or mental health, including for dental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.