



# DENTAL HYGIENE

Public Health England state: "Tooth extraction was the sixth most common procedure in hospital for children under 5 years of age and it was the most common reason for hospital admission for children aged 5 to 9 years old".

This can be significantly reduced by positive oral hygiene routines at home and Early Years Settings and parental education. It is recommended:

- reduce the consumption of sugar in food and drink  
(Fizzy drinks included)
- Brush teeth twice daily with fluoride toothpaste (last thing at night and on one other occasion)
- Take your child to the dentist as soon as their first tooth erupts.
- Contact the Dental advice line if you need urgent care or help with dental services on 0300 123 7691

