

## Dental Check-ups

Time intervals between check-ups should be patient specific and take into account the increased risk of tooth decay and gum disease.

Patients with early dementia should be considered as being at risk from dental disease so more frequent intervals should be considered.

Dental check-ups are an important opportunity for prevention advice.

## NHS Dental Help Line

Looking for an NHS dentist in Brighton & Hove, East Sussex or West Sussex?

Or looking for emergency dental treatment and don't have a dentist?

Call the NHS Dental Helpline for details of dentists accepting NHS patients in your area:

**Tel: 0300 123 1663**



**Sussex Community**  
NHS Foundation Trust

# Preventing Dental Disease

## Advice for people living with early dementia

Author – Dr Robert Emanuel, Consultant in Special Care Dentistry  
Version 1 – October 2018

## Preventing Dental Decay

**This is what you need to do at home.**

- Brush during the day and last thing at night with toothpaste containing fluoride.
- Spit out after brushing and do not rinse.
- Use a fluoridated toothpaste. Ask your dentist if he thinks a high strength fluoride toothpaste would benefit you which he can prescribe you (e.g. Duraphat)
- Limit food and drink containing sugar to mealtimes only if possible.
- Sugars should not be consumed more than four times per day.

**Dental treatment or advice you may benefit from – Discuss with your regular dentist.**

- Apply fluoride varnish to teeth twice yearly.
- Consider prescribing high strength fluoride toothpaste and/or a daily fluoride mouthrinse.
- Consider using a diet diary over 3 days, to check for possibly harmful dietary patterns.



## Preventing Gum Disease

**This is what you need to do at home.**

- If your gums are red or bleed, it is a sign of gum disease.
- Brush teeth and gum line systematically twice daily.
- Use either a manual brush or powered toothbrush with a small head and a medium texture.
- Clean daily in-between the teeth with dental floss, tape or small interdental brushes before brushing.
- A diet for good general health will benefit your gum health including lots of fruit and vegetables.
- Do not smoke.



**Dental treatment or advice you may benefit from. – Discuss with your regular dentist.**

- Advise best methods to remove plaque. Eliminate factors that prevent effective oral hygiene including calculus and faulty fillings.

