

ASD Family Help

Your local Autism Support Charity



Dentists & Hygienists



DENTIST/HYGIENISTS

Where? <http://nhsdentistlocator.co.uk/locator>

How? By  phone &/or  email

When to contact: As soon as you need treatment

How Often? Every 6 months for Dentist and 12 months for Hygienists

Useful Links and Helpful advice

Everyone should be able to access good-quality NHS dental services. There is no need to register with a dentist. Simply find a practice that's convenient for you, whether it's near your home or work, and phone them to see if any appointments are available. Ask if you're not sure whether the practice provides NHS care.

To find a dentist, you can:

- Search for [a dentist near you](#).
- Call [NHS 111](#) or NHS Direct on 0845 4647.

If the dental practice you first contact is full or doesn't provide NHS care, this doesn't mean that no NHS dental care is available locally. Contact [NHS England](#), they will be able to tell you which dentist in your area currently accepts patients. NHS England is required to commission services to meet the needs of their local population, for both urgent and routine dental care.

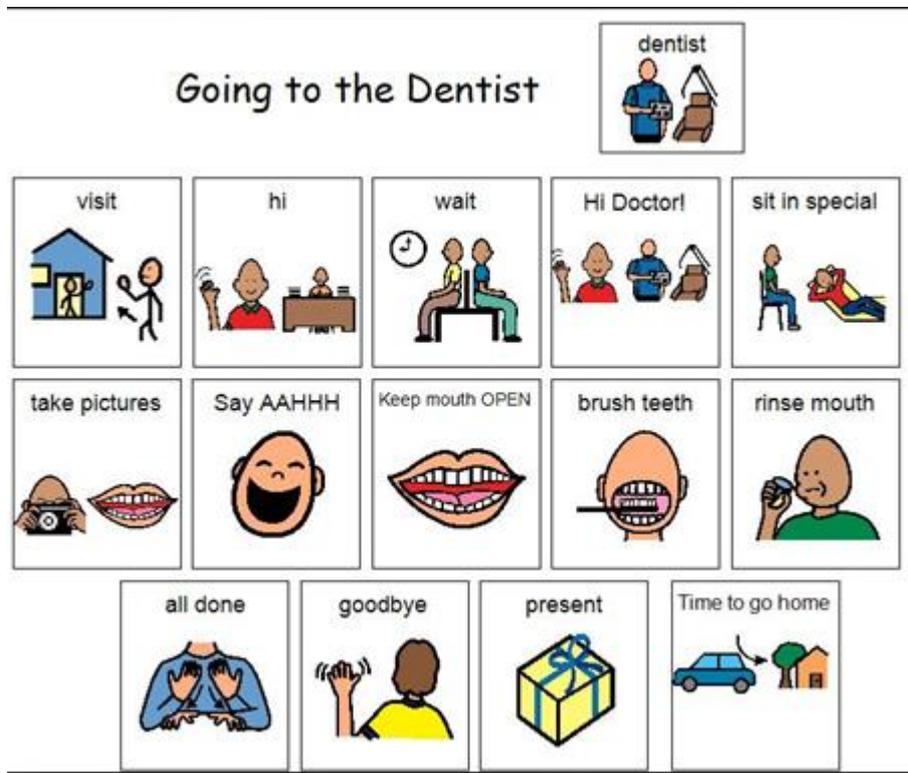
There may be a high demand for NHS dentists in some areas, and you may have to join a waiting list. You can do that by contacting NHS England. You'll be contacted as soon as an appointment is available.

Berkshire Community Dental Service

Berkshire Community Dental Service (CDS) provides dental care for people who have additional needs and can't get treatment in a general dental practice. For more details and to find your nearest clinic, please email: cds.hq@berkshire.nhs.uk or ring: 01753 638660

<http://www.easyhealth.org.uk/content/visit-dentist> - This link shows a video of a visit to the Dentist

<http://www.autism-community.com/supporting-communication-during-medical-appointments/>



<http://www.dentocare.co.uk/healthy-talk/Oral-Care-Needs-For-People-With-Autism>

It is not unusual for parents and carers responsible for the day to day care of autistic children and adults to find it difficult to encourage the person with autism to clean their own teeth and mouth.

It is essential that mouth care is delivered. The obvious reason for this is to maintain good hygiene and quality of life. It is also considered a form of abuse if oral care is neglected and you are the carer. (Department of Health 'No secrets' publication).

Trust plays a major role in co-operation and compliancy with mouth care. Give plenty of time and room when care is provided and wait until they are ready or in the right mood for the delivery of care – but don't break a routine if you know it works for them. Use your knowledge of the individual to assess when or where is a good time for them to be relaxed about mouth care.

Every person has their own needs and tastes so it is essential to establish what the best tools are to deliver care. For instance, a child may not like strong flavours i.e. mint and could find it hard to use a standard minty toothpaste.

They may react badly to care being delivered because of a previous bad experience, perhaps they don't like bright lights or be distracted by a smell in a room or nearby sounds. It could also be that they have been restricted while their teeth have been cleaned to prevent them lashing about – this is not unusual with some parents who feel this is the only way mouth care can be delivered.

They may also be in pain or have an irrational fear of gagging or choking – perhaps even be put off by the colour of the toothbrush.

Always bear in mind that if a person doesn't need assistance and can clearly manage to clean their teeth reasonably well, then let them manage their own care and keep them as independent as possible.

Tips:

Never wet the toothbrush. Apply a pea sized piece or even just a scraping of SLS free (non-foaming) toothpaste onto a dry brush – clean the teeth in the usual way – and just walk away and rinse out the brush.

This greatly reduces any gagging or choking hazards and reduces cleaning time; fast cleaning doesn't mean mouth care is ineffective.

Should there be any kind of mouth infection i.e. ulcers, cold sores or oral thrush – the infection has cleared throw away the toothbrush – this is commonly how reinfection occurs.

If they refuse to open their mouth why not smear some toothpaste on their lips – chances are they will lick it off and although not ideal to replace brushing as least toothpaste is getting into the mouth

Use a brush that clean the whole tooth in one motion i.e. a 3 headed brush

Use a mouthrinse with fluoride but no alcohol

Use a high fluoride (1400-1500ppm) and unflavoured toothpaste if minty is too strong

eg: http://www.dentocare.co.uk/Specialist/Special-Needs_2/oraNurse-unflavoured-toothpaste

'oraNurse' unflavoured toothpaste was initially developed as a result of autistic children who have a problem with taste – even to the extent of not liking the taste of water. This has resulted in a paste with no flavour or sodium lauryl sulphate and with 1450ppm fluoride.

Other possible outlets for unflavoured paste include; people who simply don't like the taste of mint, children who need to increase their fluoride from 500-600ppm to an adult dose – as very often low fluoride paste is banana or strawberry flavoured.

Preparing for a visit to the dentist

Find a practice that understands how to manage adults and children with difficulties; tell the dentist what problems may be encountered:

A slow introduction to the surgery over a period of time will help the patient get used to the unfamiliar surroundings and to gain in confidence.

Explain what is going to happen and make sure that the patient goes with someone that they know well and who has been part of the preparation

Practise opening mouth ready for the dentist to look inside. Use dental pictures or photos, books and toys to familiarise the patient before their visit.

Before the first visit, discuss previous experiences of dental appointments with the dental team and let them know of useful tips (see above). Ensure to take details of current medication or their Health Assessment Book, Personal Health Action Plan (or similar).

Ask the dental team if you can visit the surgery before the appointment so you know what to expect. Experiencing the sights sounds and smells of the surgery may help you identify something that will help in preparing the patient for their first visit.

Possible Triggers

Does not like the dental chair moving

Does not like the dental chair to be moved right back

Finds loud noises causes distress

Cannot always tell where it hurts

May not respond to pain, or may respond in the usual manner

Is frightened of strange environments and this may show in unusual or challenging behaviour

Cannot wait, so may need to be seen promptly

Does not like to be touched, but may touch others

Finds smells, textures or taste upsetting

Finds bright lighting disturbing and this can influence behaviour

Tips to encourage cleaning your teeth

<http://www.totalteethcare.com/plaque-locators.html>

Adults & children often have a hard time figuring out whether or not their teeth are really clean. Our plaque locating tablets will dramatically demonstrate where you are missing harmful plaque and will help you to better understand how you can improve your cleaning efforts, by showing where the plaque is being missed on your teeth.

The tablets are manufactured using an ADA approved formula containing only bio-compatible ingredients. In most cases, these are the same tablets you get at the dentist office.



plaque stained teeth



no plaque on teeth

What are Plaque Locators?

These disclosing tablets are tablets that identifies areas of dental plaque, which shows how thoroughly (or not) you are brushing and flossing your teeth. Plaque is a sticky substance, composed of millions of bacteria, which collects around and between teeth. It is the major cause of tooth decay and gum disease (gingivitis) and is hard to see because it is whitish coloured, like teeth.

How to Prepare Before Using the Plaque Locator Tablets

Brush and floss your teeth thoroughly.

How Does the Plaque Locator Tablets Work

One tablet is chewed thoroughly, moving the mixture of saliva and dye over the teeth and gums for about 30 seconds. The tablet contains a red dye that will colour the plaque. The mouth is then rinsed with water and the teeth are examined to identify pink-stained areas (unremoved plaque). A small dental mirror may help to check all areas. Your mouth may feel slightly dried out after use of the tablet.

Why Would You Use These Tablets?

The test is performed to help identify missed plaque and improve brushing and flossing of the teeth so that areas of plaque are not left. If the plaque is not removed, it can cause tooth decay or cause the gums to bleed easily (gingivitis) and become red or swollen.

What Would Normal Results Look Like?

No plaque or food debris will be seen on the teeth.

What Do Abnormal Results Mean?

The disclosing tablets will stain areas of plaque a dark red. The stain-coloured areas show where the brushing and flossing have missed. These areas need to be brushed again to get rid of the stained plaque.

What are the Risks of Using These Tablets?

There may be a residual pink discoloration of the lips and cheeks when the disclosing tablets are used. This discoloration is temporary. The disclosing tablets may colour the mouth and tongue red for a day. It is suggested that it be used at night so that the colour will be gone by morning.

Othodontic Treatment (Wearing Braces)

<http://www.nhs.uk/conditions/Orthodontics/Pages/Introduction.aspx>

Braces are a type of orthodontic treatment appliance used to correct the position of the teeth. You can choice what colour bands go on your braces every time you visit the orthodontist and there are many different colours to choose from 😊

Example below



The Purpose

<http://www.nhs.uk/Livewell/dentalhealth/Pages/braces.aspx>

Orthodontic treatment is to make the best of your teeth. This includes allowing you to bite correctly, eat more comfortably and care for your teeth and gums more easily. And your smile will benefit too. Treatment almost always involves using braces to straighten crooked, crowded or protruding teeth, close gaps between teeth and correct the bite of the teeth, so the top and bottom teeth meet when you close your mouth.

Treatment usually lasts from 18 months to two years, with visits to the orthodontist required every four to six weeks.

How do braces feel?

The wires that are used to move teeth into position are usually tightened at each visit to the dentist or orthodontist. This causes pressure on the teeth and some discomfort but this only lasts a day or two. Eating soft foods and taking a pain reliever can help. Also, braces can rub against the inside of the lips. If this is a problem, a special wax can be placed on the wires to keep them from chafing (available from your dentist or orthodontist).

How long do braces have to be worn?

It depends on how complicated the spacing or occlusion (bite) problem is. Most braces are worn for 18 to 30 months. After the braces are removed, the patient wears a retainer, which is used to maintain the position of the teeth while setting and aligning the tissues that surround the newly-straightened teeth.

Should any foods be avoided?

Yes. Sweets, fizzy drinks and other sugary and starchy foods can promote tooth decay and gum disease. Sticky and chewy foods (caramel, toffee, chewing gum, dried fruits) can stick to braces and be difficult to remove. Biting and chewing hard foods, such as apples and nuts can break wires and loosen brackets. Avoid damaging wires on the front teeth by cutting carrots, apples and other crunchy, healthy foods into bite-sized chunks before eating them.

The care & cleaning of braces

You will be shown how to brush your teeth properly by the orthodontist it is important to remember to brush well along the outer surfaces of your teeth with a regular toothbrush, as well as in between your braces with the smaller, inter-dental brushes.

Why is good oral hygiene with braces so important?

Food and plaque can get trapped in the tiny spaces between braces and wires, causing decay and enamel stains. Food can also react with the bacteria in your mouth and the metal in the braces to produce a bleaching effect, which can cause small, permanent light spots on the teeth.

How should teeth and braces be cleaned?

It is best to brush after every meal and use a special inter-dental toothbrush at least once a day to clean between braces and under wires. Check your teeth in a mirror to make sure all food particles are gone. If you don't have your toothbrush with you, rinse your mouth vigorously with water.

Lifestyle Tips for Healthy Teeth

<http://www.nhs.uk/Livewell/dentalhealth/Pages/Kepteethhealthy.aspx>

Taking care of your general health as well as your teeth is the key to making the most of your smile.

Brushing your teeth twice a day with fluoride toothpaste, flossing them daily and having regular check-ups with a dentist can help keep your teeth healthy. But diet, smoking and drinking alcohol also have an effect on dental health.

Preparing for a dental visit

- New experiences can cause problems for people with Autism, dental visits need not be a problem, if properly planned.
- Make sure you contact the dental team before the first visit.
- A slow introduction to the surgery over a period of time will help the patient get used to the unfamiliar surroundings and gain confidence.
- Ask the dental team if you can visit the surgery before the main appointment.
- Prepare & explain to all concerned about what is going to happen and make sure that they come with someone that they know well.
- Use dental pictures or photos, books & toys to familiarise the patient before their visit.

- Discuss previous dental appointments with the dental team and let them know of any helpful tips or if it is necessary to put instruments away
- Discuss preventative dental advice with the dental team and see the back of this sheet
- Please complete and return the tear off slip to the dental team, or to those whose contact details are on the front page of this leaflet

Please tick any statement that applies and give any other information that you feel would help



With thanks to all those who have helped in the development of this leaflet



Dear Dentist

This form has been designed to help prepare a patient with autism for a dental appointment. Please take note of the following advice and allow a parent or carer to repeat directions and help carry out treatment

Name _____

Contact details _____

- Cannot wait, so please try to see promptly.
- Is frightened of strange environments and this may show in unusual or challenging behaviour.
- Finds loud noises cause distress.
- Finds bright lighting disturbing and this can influence behaviour.
- Finds smells, textures or tastes upsetting
- Cannot always tell where it hurts.
- May not respond to pain, or may respond in an unusual manner

P.T.O.

- Does not like to be touched, but may touch others.
- Does not like the dental chair to be laid right back
- Does not like the dental chair moving.

Uses the following means of communication

.....

Likes.....

.....

Please list any other useful details, e.g. 'best ways' to communicate and other helpful tips below, or attach a separate sheet.

Looking after teeth Some helpful hints

- Reduce sugar intake, **especially in between meals.**
- Check labels for '**hidden sugars**'.
- Always ask your doctor, dentist or chemist for **sugar free medicines** when these are required.
- **Don't give sweets as a reward** – use alternatives such as a favourite object or activity.
- **Avoid fizzy drinks, juices and squashes** and replace with water or milk if possible.
- Give **support for tooth brushing** by demonstrating each step and taking each stage, one step at a time.
- **Ask the dental team for advice about diet and dental health**

DENTAL CARE AND AUTISM

CONTACT DETAILS OF DENTAL TEAM