

Teething



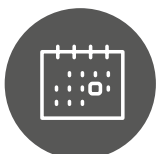
ASK YOURSELF?

- Age of child?
- Have you noticed a tooth coming through?
- Can you feel this with your finger?
- Is the child eating and taking in fluids?
- Is the child able to sleep at night?
- Does the child have a fever?
- Has the child been given pain relief?



ADVICE

- Teething begins around age 6 months. Variations may be between 3 months and 12 months of age. Adult teeth begin to come through around the age of 6 years
- Children can experience pain in the mouth during teething; this may affect sleeping and eating
- It is important your child is adequately hydrated
- Liquid paracetamol or ibuprofen to relieve symptoms of pain relief and pyrexia
- Pureed food, cool liquids and teething aids can be helpful
- Note – regular pureed sweet food such as fruit purees can lead to decay



FOLLOW UP

- When the first tooth comes through, parents/ carers should brush the child's teeth twice daily, using a small headed toothbrush with a smear or pea size amount of toothpaste
- Toothpaste fluoride content for children:
 - 6years up to 1000ppm fluoride
 - 7years+ 1350-1500ppm fluoride
- Spit after brushing and do not rinse
- Your child should attend their first dental examination as soon as the first tooth comes through for oral hygiene and diet advice



ALERT

- A child aged 3–6 months with a temperature of 39°C or higher is at an intermediate-risk group for serious illness
- Be aware of the signs and symptoms of Meningitis and dehydration for children with a temperature of 38°C and above
- Signs and symptoms suggesting an immediate life threatening illness should be referred immediately for emergency medical care
- Any concerns as to the child's general health, the GP or NHS 111 should be contacted as appropriate



SELF CARE

- Liquid paracetamol (sugar free)
- Liquid ibuprofen (sugar free)
- Pureed foods (sugar free or low sugar)
- Teething aids – cooling toys
- Lidocaine topical gel
- Teething granules