

## Good Oral Health for Children with Sickle Cell Disease



### HOW TO PREVENT CAVITIES

- Brush your child's teeth morning and night with a soft bristle toothbrush.
- Use toothpaste with fluoride in it that has the ADA seal of approval on the tube.
- Floss every time you brush.
- Drink fluoridated water.
- Limit juices, sodas, or sports drinks.
- Limit the intake of sugary foods and drinks.



### SICKLE CELL and ORAL HEALTH

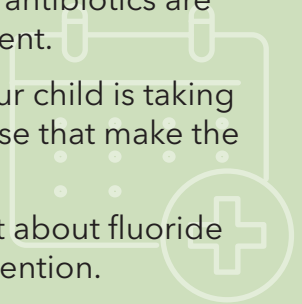
#### Children may show:

- Teeth that look rough or that have white, yellow or brown spots
- Gums that look pale
- High, arched palate
- Crowded teeth
- Smooth tongue
- Calcium buildup on teeth
- Delayed teeth eruption



### DENTAL VISITS

- Visit the dentist every 6 months or more often if recommended by the dentist.
- Your child's dentist may talk to your child's hematologist to decide if antibiotics are needed for dental treatment.
- Let the dentist know if your child is taking sweet medications or those that make the mouth dry.
- Talk to your child's dentist about fluoride treatments for cavity prevention.



#### Resources to find a pediatric dentist

Medi-Cal Dental Program: **800-322-6384** Rady Children's Hospital Health Care Referral Line: **858-966-4096**