





# MOUTH & DENTAL CARE

- Oral health is important for general health – prevention is key. Working closely with dental team is recommended.
- Microstomia (small mouth) and limited mouth opening, fixed and scarred tongue, limited neck movement due to contractures, poor dentition and oral blistering are all common features in some types of EB.
- Dental cavities and restorative dental work may be extensive.

<p><b>Seeing a Dentist</b></p> 	<p>A child should visit the dentist by six months of age or not later than when his/her first tooth erupts. <b>Why?</b></p> <ul style="list-style-type: none"> <li>• Seeing the child this early allows the dental team to provide to the parent /caregiver valuable information that can keep a child's mouth healthy even if there are no teeth in the mouth yet.</li> </ul> <p><b>What happens with this first appointment?</b></p> <ul style="list-style-type: none"> <li>• The parent/caregiver is given guidance about what foods/drinks can harm the teeth and how to promote a healthy mouth,</li> <li>• The parent/caregiver is shown the correct way to brush the teeth, when to brush and types of toothbrushes to use, and</li> <li>• The importance of regular dental visits is discussed and the next dental visit is arranged.</li> </ul>
<p><b>How often are appointments? Under 6 years old (baby teeth only)</b></p> 	<p>The goal is to prevent dental disease by:</p> <ul style="list-style-type: none"> <li>• Professional cleanings</li> <li>• Fluoride varnish applications</li> <li>• Oral care instruction</li> </ul> <p>If tooth decay is present, the dentist will review the treatment options that are available.</p>
<p><b>6-12 years old (adult teeth erupting and baby teeth falling out)</b></p> 	<ul style="list-style-type: none"> <li>• Sealants, a protective coating that prevents tooth decay, may be applied to the biting surface of some back teeth</li> <li>• Regular fluoride varnish applications</li> <li>• Professional cleanings</li> <li>• If tooth decay is present, the dentist will review the treatment options that are available.</li> </ul>
<p><b>12 years and older</b></p> 	<p>The prevention program continues for life.</p> <ul style="list-style-type: none"> <li>• Treatment of decayed teeth, as needed</li> <li>• Orthodontic care or extractions, as needed</li> </ul>

## Useful Websites/links:

- [www.swrwoundcareprogram.ca](http://www.swrwoundcareprogram.ca)
- EB Resources, including EB handbook: <https://www.debracanada.org>

*Disclaimer: Unless stated otherwise, information contained in this document is taken from Epidermolysis Bullosa: A Handbook for EB Patients and Families, Developed by the Section of Dermatology at the Hospital for Sick Children with the Support of DEBRA Canada and Sick Kids Hospital Department of Dermatology EB Expert Team - all content used with permission. This document was created by SWRWCP (August, 2019).*