



ASK

- What is the age of the child?
- Have you noticed a tooth erupting?
- 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 erupt around the age of 6 years
- Children can experience pain in the mouth during teething, this may affect sleeping and eating
- It is important the child is hydrated
- Liquid paracetamol or ibuprofen to relieve symptoms of pain relief and pyrexia
- Pureed food, cool liquids and teething aids can be helpful
- Reassure parents/guardians that symptoms related to teething are self-limiting
- Note – regular pureed sweet food such as fruit purees can lead to decay



FOLLOW UP

- When the first tooth erupts, parents/carers should brush the child's teeth twice daily, using a small headed toothbrush with a smear or pea size amount of toothpaste
- Spit after brushing and do not rinse
- Advise dental examination as soon as the first tooth erupts for oral hygiene and diet advice
- Toothpaste fluoride content for children:
 - ⇒ Under 3 years: smear of fluoridated toothpaste containing no less than 1,000 ppm fluoride
 - ⇒ 3-6 years: pea sized amount of fluoridated toothpaste containing more than 1,000 ppm fluoride
 - ⇒ 6 years: up to 1000ppm fluoride
 - ⇒ 7 years+: 1350-1500ppm fluoride

toothbrush with a smear of toothpaste



toothbrush with a pea size amount of toothpaste



ALERT

- Awareness of the risk of serious illness in children with fever
 - ⇒ Refer to NICE Guideline ([CG160](#)): Fever in under 5s: assessment and initial management
 - ⇒ A Child under 3 months with a temperature of 38°C or higher is in a high-risk group for serious illness
 - ⇒ A child aged 3–6 months with a temperature of 39°C or higher is at an intermediate-risk group for serious illness
- Awareness of the signs and symptoms of [Meningitis](#) and dehydration for patients 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



PHARMACY PRODUCT

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

PHARMACY DENTAL FACT SHEET