A Healthy Mouth for People with Special Health Care Needs

People with special health care needs are twice as likely to have dental problems because of medicines, special diets, or lack of muscle control.

Healthy mouth = Healthy body

How To Keep a Healthy Mouth:

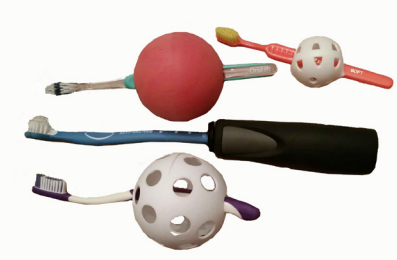
- Brush with fluoride toothpaste twice a day
- Floss once a day
- Drink fluoridated water
- Avoid sweet rewards and snacks
- Visit the dentist

Plan Visits to the Dentist:

- Read a story about or pretend to go to the dentist
- Start with a 'get to know me' dental visit
- Bring medications and health history information
- Bring a blanket, toy, or other favorite item

Helpful Tips:

- Have someone give head support and help brush
- Try power toothbrushes
- Make toothbrush handles easier to hold with a ball, bike handle grip, or elastic strap
- Try mouth props like a twisted clean cloth
- Ask a dental professional for other helpful tips



Finding a Dentist:

- Dentists who will treat people with special needs: **apps.vdh.virginia.gov/livewell/findadentist**
- Dentists who accept Medicaid Smiles for Children: **www.dentaquest.com**

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