

Dental tips 13–18 years



Dental problems in PWS

Poor tooth enamel and teeth-grinding are quite common in PWS. Equally, over-crowding of teeth is a possibility for this age group. All of these problems require advice from your dentist.

Teeth cleaning

Your son or daughter's teeth should be cleaned twice daily. Encourage them to clean their own teeth, but you may find it necessary to check and assist too, or prompt them to remember. If this is a particular problem, a star chart for every time teeth are cleaned correctly, with a treat for reaching an agreed number of stars, might be helpful.

If necessary, provide supervision with toothpaste use to prevent your son or daughter from eating it. Toothpaste in small amounts will not hurt them. 1-2 times a week, use tablets or a stain to check for plaque build-up. Your dentist may be able to assist you with obtaining tablets.

Finding a dentist

It is important for people with PWS to visit the dentist regularly, due to weak enamel and sticky saliva which may need attention.

By the time your son or daughter reaches this age, they should be already registered with a dentist. If this is proving problematic, you may wish to seek out a dentist with experience of young people with special needs. These are usually available via NHS community dental services – ask your health visitor or local hospital for details.

Further information

For more information about Oral Healthcare and PWS generally see <https://www.pwsa.co.uk/pdfs/oral-health-care-and-pws>

For more information about dental care for special needs generally, see www.dentalhealth.org/tell-me-about/topic/caring-for-teeth/dental-care-for-people-with-special-needs

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