

Staying overnight?

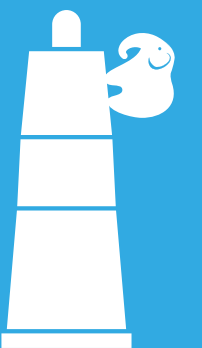
*If you've **forgotten** your **toothbrush**,
please ask your **nurse** for one*



Brush teeth **twice** a day



Use a **fluoride** toothpaste



After brushing, **spit**, don't **rinse**



Avoid sugary **snacks** and **drinks**



For **hospital** patients, **oral hygiene** is **important**. **Bacteria** can **build up** in the **mouth** and **throat** and can **move into** the **lungs**, causing **infection**.

Some children may need **mouth care** more **often** if they:

- have a **feeding tube**
- have a **tracheostomy**
- are on **long-term ventilation**
- are admitted to **critical care**
- are **not orally fed**

Please **ask** your **nurse** for more **advice** and **support**

