

CF and Dental Health



Oral hygiene (caring for your teeth and gums) can impact CF health! Here are some guidelines and tips for how to teach and encourage your children to practice good habits to stay happy and healthy!

Regular Dental Visits (Checkups/Cleanings)

- Always communicate with the dentist that your child has cystic fibrosis
- Your child should have a dental checkup and cleaning 1-2 times per year (every 6-12 months)
- Consider doing airway clearance before dental cleanings (especially if your child is coughing)

Dental Treatments or Procedures

- Always do airway clearance before any dental procedure (for example - tooth extraction, root canal, etc.)
- Make sure you know what to do if your child needs to take antibiotics (interactions or concerns with CF medications or therapies)

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- Floss and brush 2 times per day (morning and night) for 2 minutes



- Get a fun timer
- Use chewable tablets to highlight areas to brush (Butler G-U-M Red-cote Dental Tablets)
- Use a fun song to encourage good habits ("Healthy Teeth, Healthy Me: Brushy Brush" from Sesame Street)



- Have a favorite toy brush "help" brush their teeth
- Limit juice/soda
- Always rinse mouth with water after taking oral steroids
- No pacifier, bottle or thumb-sucking recommended after turning 1



- Communicate with CF team if extra dental care is needed
 - May need a note from the CF team for any dental procedure beyond a regular cleaning (root canals, oral surgery, etc.) that will involve anesthesia (such as nitrous oxide or general anesthesia)
- Discuss with the CF team any instance where anesthesia is needed
- Be aware of transitioning to the mouthpiece and its impacts on orthodontia

