

## Dental Policy in Schools

### General Guidance and Advice

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1. It is recommended that both day and boarding pupils should, so far as is possible, continue to receive dental care of a routine nature from their regular dentist during holidays and periods of absence from the school. This most particularly includes non-urgent orthodontic work.
2. All schools should be encouraged to form a close working relationship with an appropriately qualified and available Dental Practitioner who is prepared to take on provision of care following dental trauma. The school may wish to form a contractual relationship with this Practitioner.
3. Schools should promote a policy of good dental health, including advice concerning the reduction in sugary foods and drinks available at different times of the day and the provision of fresh water at all times. School doctors should be particularly aware of the presence of drinks vending machines and their contents.
4. Schools should have an appropriate policy concerning the protection of a child's teeth from trauma, however it may be induced.
5. It is recommended that mouthguards should be worn in situations where dental trauma is a possibility. They are particularly recommended for Rugby, Hockey, and Lacrosse.
6. Mouthguards should be professionally measured and fitted by an appropriately qualified dental practitioner.
7. Standard treatment for broken teeth is to place the fragment place between the lip and the gum, or if not suitable in milk and consult a dentist immediately. Where this is not possible contact NHS Direct (0845 4647) to find the nearest Accident and Emergency department that has a dentist on call. On no account allow the broken tooth to dry out and do *not* use disinfectant.
8. If the tooth gets knocked out of mouth completely the best chance for the tooth is early re-implantation. Simply follow these steps:

If the tooth is clean, hold it by the white part (the bit that is usually visible) and, making sure it's the right way round, gently push it back into its socket.

If the tooth is dirty, rinse it in milk or cold water before gently pushing it back into place.

Hold the tooth in place by biting on a handkerchief and go to the dentist immediately for advice.

If you cannot re-implant the tooth follow the instructions as above for broken tooth. Re-implantation is most successful if carried out within 30mins, while the chances of success start to fall dramatically after 60mins.

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### Useful Information

- "Dietary Sugars and Human Disease" Report from the Panel on Dietary Sugars of the Committee on Medical Aspects of Food Policy (COMA) Now part of Food Standards Agency –Scientific Advisory Committee on Nutrition. ([www.sacn.gov.uk](http://www.sacn.gov.uk))
- British Dental Association patient advice: [www.bdasmile.org.uk](http://www.bdasmile.org.uk)
- "An Oral Health Strategy for England and Wales" Department of Health 1994
- British Dental Health Foundation for patient leaflets: [www.dentalhealth.org.uk](http://www.dentalhealth.org.uk)
- Contact [www.opro.co.uk](http://www.opro.co.uk) for information regarding professional fitting and supply of mouthguards

