

# Medicine and Your Child's Mouth



## Liquid or Chewable Medications and Vitamins

Many children's prescription and non-prescription medications, as well as chewable/gummy vitamins are sticky and contain sugar to help with taste. Prolonged exposure to the teeth can lead to cavities.

### Cavity Prevention Tips:

- Offer your child water after giving medicine or brush your child's teeth.
- Brush your child's teeth at least twice daily with fluoride toothpaste.
- Lift/move your child's lips and cheeks to check their teeth for early signs of cavities, such as white spots or brown spots.
- Limit sugary drinks such as juice.
- Offer your child water throughout the day.
- Maintain regular dental visits.



## Asthma Inhalers

- A potential side effect of inhaler medication can be a reduction in saliva. Saliva contains beneficial buffering agents which protects teeth against cavities.
- After using the inhaler, have your child drink or rinse with water to remove the medication from the mouth. This can prevent thrush, which is a fungal yeast infection in the mouth.



## Important

Follow medication instructions and contraindications as directed by the medication leaflet, your medical doctor or pharmacist.