

Dental Care and Autism



Cambridgeshire Community Services NHS Trust: delivering excellence
in dental care across Cambridgeshire, Peterborough and Suffolk

Preparing for a Dental Visit

- New experiences can cause problems for people with autism, dental visits need not be a problem, if properly planned.
- Ensure you contact the dental team before the first visit. A slow introduction to the surgery over a period of time will help the patient get used to the unfamiliar surroundings and gain confidence.
- Prepare and explain what's going to happen and ensure they come with someone they know.
- Use dental pictures or photos, books and toys to familiarise the patient before their visit.
- Discuss previous dental appointments and let the dental team know of any helpful tips or if it's necessary to put instruments away.
- Discuss preventative dental advice with the dental team and see the back of this sheet.

Please complete and return the tear off slip to the dental team, or to those whose contact details are on the front page of this leaflet. Please tick any statement that applies and give any other information you feel would help.

Looking after teeth - some helpful hints

- Reduce sugar intake, especially in between meals.
- Check labels for hidden sugars.
- Always ask your doctor, dentist or chemist for sugar free medicines when these are required.
- Don't give sweets as a reward – use alternatives such as a favourite object or activity.
- Avoid fizzy drinks and fruit juice and replace with water or milk.
- Give support for tooth brushing by demonstrating each step and taking each stage, one step at a time.
- Ask the dental team for advice about diet and dental health.

Dear Dentist

This form has been designed to help prepare a patient with autism for a dental appointment.

Please take note of the following advice and allow a parent or carer to repeat directions and help carry out treatment.

Name: _____

Contact details: _____

- * Cannot wait, so please try to see promptly.
- * Is frightened of strange environments and this may show in unusual or challenging behaviour.
- * Finds loud noises cause distress.
- * Finds bright lighting disturbing and this can influence behaviour.
- * Finds smells, textures or tastes upsetting.
- * Cannot always tell where it hurts.
- * May not respond to pain, or may respond in an unusual manner.
- * Does not like to be touched, but may touch others.
- * Does not like the dental chair to be laid right back.
- * Does not like the dental chair moving.

Uses the following means of communication

Likes:

For further information about this service contact:

Cambridgeshire Dental Services, Brookfields Health Centre,
Seymour Street, Cambridge, CB1 3DQ
Tel: 0300 555 66 67 (Option1)

Please list any other useful details, e.g. 'best ways' to communicate and other helpful tips on this form, or attach a separate sheet.

Useful websites: www.bsdh.org.uk www.autism.org.uk

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit www.cambscommunityservices.nhs.uk and follow the links or please contact us.



If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.