



# A HAPPY MOUTH IS... A BASIC HUMAN RIGHT

PROMOTE ORAL HEALTH AND  
ORAL DISEASE PREVENTION  
FOR PEOPLE WITH CLEFTS

#WOHD24  
#HappyMouth



World Oral  
Health Day  
20 March



SmileTrain

[worldoralhealthday.org](http://worldoralhealthday.org)



# A HAPPY MOUTH IS A BASIC HUMAN RIGHT

Clefts are one of the most common birth differences. Clefts occur when parts of the lip and/or palate do not fuse together during fetal development. Individuals born with cleft are more prone to oral health challenges. It is therefore crucial to promote oral disease prevention, and everyone has a role to play.



## INDIVIDUALS AND CAREGIVERS

- Ensure optimal oral hygiene.
- Use fluoride-containing products.
- Favour a healthy diet.
- Seek regular dental check-ups.
- Perform the 'Lift the Lip' technique once a month and watch out for white or brown spots on the teeth.



## DENTISTS AND DENTAL TEAMS

- Provide patient education on oral hygiene practices and counselling on healthy diets.
- Apply topical fluoride and pit-and-fissure sealants where appropriate for prevention of dental caries.
- Perform regular examinations.
- Provide treatment for progressing carious lesions.
- Advise on injury prevention.



## HEALTH PROFESSIONALS

- Provide patient education, i.e., through a brief oral hygiene intervention at each appointment.
- Perform the 'Lift the Lip' technique at each appointment and make an oral disease risk assessment.



## POLICYMAKERS

- Ensure availability of oral healthcare services as part of national health scheme benefits, facilitating equitable access, financial protection and quality preventive and curative oral health services to individuals born with cleft.

