

A HAPPY MOUTH IS... a basic human right

PROMOTE ORAL HEALTH AND ORAL DISEASE
PREVENTION FOR PEOPLE WITH CLEFTS



World Oral
Health Day
20 March

worldoralhealthday.org
#WOHD25 #HappyMouth



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Clefts are among the most common birth differences, occurring when the lip and/or palate fail to fuse properly during fetal development. Individuals born with a cleft are more prone to oral health challenges, making it essential to prioritize oral disease prevention. With the right support, individuals with cleft can thrive—and everyone has a role to play in making this possible.



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.

For more information and support:

fdiworlddental.org/oral-health-comprehensive-cleft-care

