

**Recommendations for dental hygiene in inherited epidermolysis bullosa**  
**Video under the responsibility of the multidisciplinary team at Bambino Gesù Children's**  
**Hospital, IRCCS, Rome, Italy**

[https://www.youtube.com/watch?v=Cz\\_HWVB36As&feature=youtu.be](https://www.youtube.com/watch?v=Cz_HWVB36As&feature=youtu.be)

**MESSAGES TO TAKE HOME, approved by the EB ERN-Skin Thematic group:**

- ✓ Good oral hygiene at home is crucial in managing EB patients, because incorrect mouth care may cause infections and pain in the gums and teeth.
- ✓ It is a priority that children establish good eating and oral hygiene habits at an early age.
- ✓ The children should continuously supervised and motivated by their parents and the clinician.
- ✓ Procedure:
  - Dental hygiene should be performed after breakfast, morning snack, lunch, afternoon snack, dinner
  - You should take time to clean the teeth
  - The brush head should cover the whole tooth
  - The bristles must reach and touch the gum
  - Clean the teeth without too much pressure; pushing doesn't clean more
  - The movement is always from the gum towards the tooth on all surfaces: the outer, the chewing, and the inner surfaces
  - Rotate the brush at least 5 times on each part
  - To clean the posterior teeth, open wide your mouth, insert the brush from the side, push gently on the cheek, then close the teeth slowly! Closing creates more space and you can reach and touch the back tooth
  - In case you feel pain, you stop
  - Apply with a gauze an antiseptic on the tongue and the mucous membrane of the cheeks
  - Consult your dentist every 2-3 months in absence of dental problems
  - Don't forget that nutrition is key to prevent dental problem: tooth decay, carries...

Learn more on:

[https://www.eb-clinet.org/fileadmin/user\\_upload/Media\\_Library/EB-CLINET/Dokumente/CPGs/International\\_Consensus\\_Best\\_Practice\\_Guidelines\\_Skin\\_and\\_Wound\\_Care\\_in\\_Epidermolysis\\_Bullosa.pdf](https://www.eb-clinet.org/fileadmin/user_upload/Media_Library/EB-CLINET/Dokumente/CPGs/International_Consensus_Best_Practice_Guidelines_Skin_and_Wound_Care_in_Epidermolysis_Bullosa.pdf)