

Project  
**toothfairy**

at The Royal London  
Dental Hospital





# What is Project Tooth Fairy

**Project Tooth Fairy** has been commissioned by NHS England in response to the growing paediatric waiting times across London which have been further compounded by the recent COVID-19 pandemic.



**The project** – a collaboration between North and South Thames Paediatric Networks and Barts Health NHS Trust – aims to combat these waiting times by providing additional paediatric dental capacity at The Royal London Dental Hospital, which is available to trusts across London and the surrounding local areas.



# Why are you receiving this leaflet?

You are receiving this patient information leaflet as your child has been identified as a suitable candidate to be seen and treated as part of Project Tooth Fairy.

This means that your child's dental surgery will now likely take place at The Royal London Dental Hospital, which is part of Barts Health NHS Trust.

If this is the case, you will be contacted by letter to let you know if your child's dental surgery will take place as part of Project Tooth Fairy. If you receive this letter, it will tell you the time and date of your child's appointment. And if you have any questions after receiving a letter, please speak to your usual dental team.



# How to find The Royal London Dental Hospital



The Royal London Dental Hospital is on the same site as The Royal London Hospital (see map on page 5). You can access the dental hospital by:



## Tube

The closest underground station is Whitechapel (6 minute walk) which is served by the Hammersmith and City line, the District line and London Overground.



## Bus

Bus stops near the dental hospital include:

**Whitechapel Road:**

25 (24 hours),  
106, 205, 254

**New Road:**

D3

**Commercial Road:**

15, 115, 153



## Car

There is no public car park at the hospital. If you are a blue badge holder, there are a very small number of parking bays on Raven Row.





Durward Street

Brady Street

Whitechapel Station

Whitechapel

Whitechapel Post Office

Whitechapel Market

Whitechapel Road

A11

Cavell Street

Raven R



The Royal London Dental Hospital

The Royal London Hospital Emergency Dept



Turner Street

Milward Street

Stepney Way

Newark Street

New Road

Commercial Road

Ashfeild Street



5



# What to expect after surgery?


After your child's surgery their mouth will feel numb for a few hours. To make sure they don't hurt themselves or cause any damage after their surgery, we've got some tips they should follow.



## After surgery your child should:

- ★ only eat soft foods that are cool
- ★ chew on the opposite side of their mouth to where they had surgery
- ★ avoid touching the area with their fingers or tongue
- ★ not have hot food or drinks while their mouth is numb
- ★ not do strenuous exercise
- ★ not spit, or rinse their mouth
- ★ not bite their cheek, lips or tongue.





**If there is blood coming from the extraction area after the surgery, you should:**

- ★ Apply firm pressure to the area for 10 minutes with a cotton gauze
- ★ Repeat this for a further 10 minutes if bleeding continues
- ★ If bleeding continues after 20 minutes call your local dental team
- ★ If your local dental centre is closed visit your nearest Children's Accident and Emergency Department

**After surgery, your child should return to brushing their teeth as normal, avoiding the extraction area.**



Below are some tips on how to care for your child's oral health after their surgery and beyond



**Toothbrushing**

- ★ Your child's teeth and gums should be brushed twice a day.
- ★ All of the surfaces of the teeth (including where the teeth and gums meet) should be brushed for a minimum of 2 minutes.
- ★ After 2 minutes, spit the toothpaste out, do not rinse with water as this will wash the fluoride from the toothpaste away. Leaving fluoride on the teeth will help protect them in between brushing.







## What toothpaste should I use?

Toothpaste that has fluoride in it helps to keep your teeth and gums healthy. You can check how much fluoride is in the toothpaste on the label.



See the table below for the level of fluoride your child's toothpaste should contain

Age	Fluoride level
0-3 years	At least 1,000PPM
3 years <sup>+</sup>	Between 1,350PPM to 1,500PPM

## How much toothpaste should I use?

See the table below for guidance on how much toothpaste you should use when brushing your child's teeth

Age	Toothpaste amount
0-3 years	Smear or toothpaste, same size as one grain of rice
3 years <sup>+</sup>	A pea size amount of toothpaste





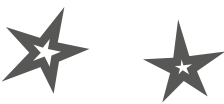
# Have some fun and colour in your very own Project Toothfairy

Your name

.....

Draw a picture of yourself in the star







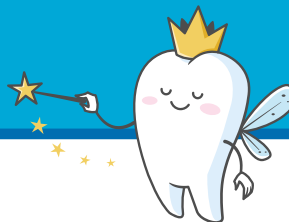
## **Tooth Fairy Reception**

0203 59 46227

[bartshealth.toothfairy@nhs.net](mailto:bartshealth.toothfairy@nhs.net)

## **Project Tooth fairy**

Dental GA Suite, 2nd floor,  
The Royal London Dental Hospital E1 1FR



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