



# Teething

## Patient information leaflet



GIG  
CYMRU  
NHS  
WALES



Common Ailments Service

**Only use this leaflet if your pharmacist has advised you about your baby's condition.**

Your baby's first teeth will start coming through their gums when they are between 4 and 12 months old. This is called teething. Usually, the bottom front teeth come through first.

Your baby will often show signs that they are teething about 3 to 5 days before a tooth appears.

Signs of teething are usually mild and do not last long, however, teething can be painful for your baby. Because of this, your baby may:

- eat or sleep less
- have red cheeks
- have red and swollen gums
- dribble
- bite, chew or suck on things
- rub their gums
- be irritable



Teething does not usually make your child unwell with diarrhoea or a temperature. These symptoms may have another cause such as an infection.



## Treatment

Teething is a normal process. Many babies will have only mild symptoms and will not need any treatment.

### How to help your baby feel better

If your baby does have symptoms, you can help them by giving them something clean and cool to chew on. Frozen objects may damage your baby's gums so use the fridge to chill items for chewing.

**Safe examples** include:

- a chilled, solid teething ring (not liquid or gel rings as they can leak)
- a cold, wet flannel
- chilled fruit or vegetables (if your baby has been weaned)

You can also **soothe** your teething baby by:

- rubbing on their gum with a clean finger
- cuddling and playing with them
- giving them a cool, sugar-free drink
- wiping away excess saliva

To help **prevent choking**, make sure you:

- do not give your baby anything to chew on that might break into hard pieces
- do not tie teething rings around your baby's neck
- stay close when your baby is eating



## Treatment

### Medicines that can help

**These medicines are not suitable for everyone. Make sure you have asked your pharmacist for advice about what treatment is best for your baby.**

### Pain relief

If your baby is over 3 months old and still in pain after you have tried to soothe the symptoms of teething, **paracetamol** or **ibuprofen** may help.

### Teething gels

Teething gels are available to buy but there is not much evidence that they help. They can cause harm.

If you do choose to use a teething gel, make sure it is one that is suitable for young children and do not use too much. Follow the manufacturer's instructions closely.

Ask your pharmacist for advice if you are unsure.

**Always read the patient information leaflet that comes with your medicine.**

If you are concerned about any side effects from a treatment, report it to a doctor, nurse or pharmacist. You can also report side effects on the Yellow Card [app](#) or [website](#).



## When to Get Help

**Contact your GP or call 111 if your baby:**

- is less than 3 months old and has a temperature of 38°C or higher, or a temperature of 39°C or higher if they are 3 to 6 months old
- seems to be unwell or in distress

**If you are worried that your baby's condition is not getting better, or is getting worse, talk to your GP.**



## More information

For more information on teething or a medicine, talk to your pharmacist or look at the following websites:

NHS 111 Wales: <https://111.wales.nhs.uk/encyclopaedia/t/article/teething/>

NHS: <https://www.nhs.uk/conditions/baby/babys-development/teething/>

Medicines A-Z: <https://www.nhs.uk/medicines/>

Information from the above resources is included in this leaflet.



Mae'r daflen hon hefyd ar gael yn Gymraeg. This leaflet is also available in Welsh.

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