

## What are the side effects?

'Dental fluorosis' can occur when too much fluoride is taken when the teeth are forming (in the early years of life).

This can happen for example when the water supply is already fluoridated and supplements such as drops or tablets are taken, or when children are allowed to 'eat' toothpaste or suck it from the tube.

We do not recommend tablets or drops, and only a smear of toothpaste is required to protect teeth and to minimise the amount swallowed.

Campaigners against fluoridation claim that an overdose of fluoride can sometimes cause 'brittle bone' disease and digestive disorders, but these suggestions have not been scientifically proven, and if the recommendations above are followed, there is no risk of "overdose".

## Is fluoride safe?

Many reports have been published about the risks and benefits of fluoride. After many years the scientific conclusion is that fluoride is of great benefit to dental health and helps to reduce dental decay, while causing no harmful side effects to general health.

If you require any further information please contact the team by email at:

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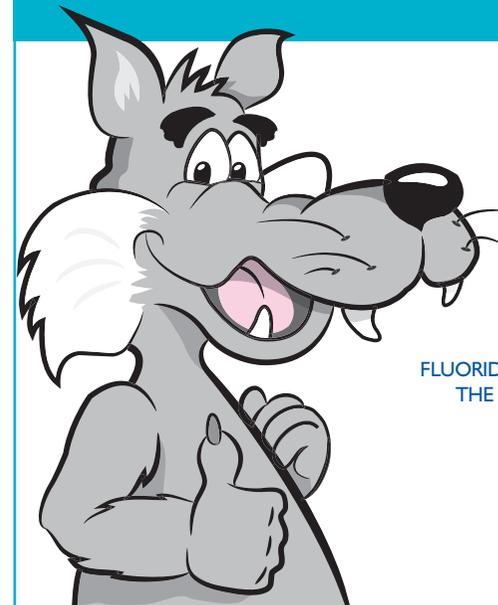
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# THE TEETH TEAM TOOTH BRUSHING AND FLUORIDE VARNISH PROGRAMME



HI, I'M BIG BAD WOLF.  
DID YOU KNOW FLUORIDE VARNISH  
IS GREAT FOR KIDS TEETH!

FLUORIDE VARNISH HAS BEEN PROVEN TO HELP REDUCE  
THE RISK OF CHILDREN DEVELOPING DENTAL DECAY

THIS LEAFLET PROVIDES PARENTS WITH  
INFORMATION ON HOW WE CAN HELP YOUR  
CHILD HAVE HEALTHIER TEETH BY BEING PART  
OF THE TEETH TEAM TOOTH BRUSHING AND  
FLUORIDE VARNISH PROGRAMME AT SCHOOL

## What is fluoride?

Fluoride is a natural mineral found in water. The amount of fluoride in the water varies from area to area.

## What are the benefits of fluoride?

Fluoride has been researched for over 50 years and water fluoridation has been proven to cut dental decay by 40 to 60%. Fluoride is present in many different natural sources, but can also be artificially added to our drinking water. A level of one part in a million has been shown to be most effective. Fluoride can greatly help dental health by strengthening the tooth enamel, making it more resistant to tooth decay.

One part of fluoride for every million parts of water (1 ppm) is considered enough.

## Is it in my water supply?

Yes, but the natural level is too low to be of benefit to our teeth.

In Hull the level of fluoride in the water supply is 1/10th of the required amount. Only around 10% of the UK population's water supply – mainly the Midlands and the North East has water fluoridation. The exact amount depends on which area you live in.

## Are fluoride toothpastes enough?

Many toothpastes now contain fluoride, and brushing twice a day is how most people get their fluoride. From the age of 3, 1350-1500 ppmf is recommended.

Check the tube as many children's toothpastes contain less. You should help your child with brushing up to the age of 7, and children are encouraged to "spit, don't rinse", so that fluoride stays on the teeth for a while, like a "moisturising cream". This is particularly effective at night, when saliva flow is reduced, as the fluoride can work for much of the night to repair early areas of decay.

## Where else can I find fluoride?

Fluoride is also in salt and tea, and some countries artificially add fluoride to their table salt and milk.

## How can I use fluoride to improve the dental health of my family?

Follow these simple steps:

Use a fluoride toothpaste twice a day with 1350-1500 ppmf (adult toothpaste) from the age of 3.

Spit, don't rinse, think of the toothpaste as a night cream for teeth – regenerating and renewing tooth enamel!

Bring your children to the dentist for a fluoride varnish application at least twice a year, more if the dentist recommends it.

If your child is at higher risk of dental decay for example if they have braces on their teeth or because of excessive or frequent sugar consumption, consider a further supplement such as a mouthwash or high dose toothpaste. The dentist will suggest the correct formulation, as this depends on the age of the child.

## How will the fluoride varnish be applied to my child's teeth?

This is a very quick and simple procedure carried out by specially trained dental nurses, which involves a gel being painted onto the teeth using a soft brush.

The gel has a fruity taste which will temporarily colour the teeth for 1-3 days until it gradually wears off. The fluoride varnish helps to strengthen the tooth enamel making it more resistant to dental decay.

## Are there any special instructions I need to follow afterwards?

Aftercare instructions will be given to your child to take home on the day the fluoride varnish is applied.

