

To find a dentist near you visit

www.nhs.uk

or call 0300 311 22 33

For further information:

www.nhs.uk/conditions/fluoride

Prescription toothpaste

Your dentist may prescribe prescription-only higher fluoride toothpaste if you have a higher risk of developing tooth decay. The two most commonly prescribed fluoride pastes contain 2800ppm or 5000ppm fluoride.

Fluoride rinses and mouthwash

Top tip: Spit, don't rinse

Your dentist may prescribe a fluoride rinse containing 225ppm fluoride for daily use, in addition to twice daily brushing with fluoride toothpaste.

Rinses should be used at a different time to tooth brushing to maximise the effect.



Rinsing your mouth out - even with a fluoride rinse, immediately after brushing will reduce the benefits as it washes away the fluoride remaining on the teeth from the paste.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

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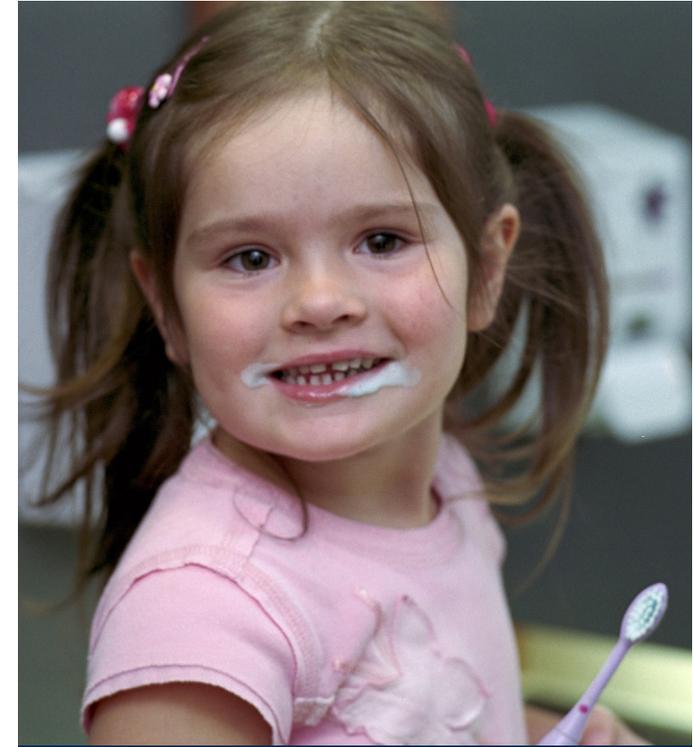
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For more information or to download leaflets please go to the website below.

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Oxfordshire Community Dental Service

Fluoride

How it is used to protect against tooth decay

Going the extra mile to make Oxfordshire smile

What is fluoride?

Fluoride is a naturally occurring mineral that is found in many foods and drinks. It was discovered that in areas with high levels of fluoride in the tap water, people had healthier teeth. Nowadays some parts of England add fluoride to the tap water to help keep teeth healthy.

Top tip: In Oxfordshire, there is no fluoride added to the water supply. This makes it even more important to use fluoride toothpaste

How does fluoride protect teeth?

Fluoride prevents tooth decay by:

- strengthening of developing enamel, making it more resistant to tooth decay
- encouraging better quality enamel to form that's more resistant to acid attack

Choosing the right toothpaste

Top tip: Check the label on the toothpaste ingredients to make sure your paste contains the right amount of fluoride

- Children aged 0 to 3 should use toothpaste containing at least 1000ppm of fluoride.
- Children aged 3 to 6 should use toothpaste containing more than 1000ppm of fluoride.
- Children aged 6 and over and adults should use family fluoride paste containing 1350-1500ppm of fluoride.
- Children aged 0 to 6 at risk of tooth decay may need to use family fluoride paste.



Children aged 0 to 3 should use a smear of toothpaste



Children aged 3 to 6 should use a pea-sized amount of toothpaste

It is important for young children to use the right amount of and type of toothpaste to prevent fluorosis – a discolouration caused by too much fluoride whilst teeth are developing in the gums. If you have concerns please ask your dentist for advice.

Fluoride varnish



Fluoride varnish being applied



Fluoride varnish on tooth

Your dentist might recommend fluoride varnish - a highly concentrated form of fluoride which is applied to the tooth's surface by a dentist.

Fluoride varnish is a golden-coloured gel which is painted onto parts of the teeth using cotton wool. This only takes a few minutes and is carried out as part of the regular dental visit.

After the varnish is applied, you will not be able to eat or drink for 30 minutes whilst it soaks in.

Top tip: Ask your dentist if you or your family would benefit from fluoride varnish