

# Fluoride Mouthrinse

## What is a fluoride mouthrinse program?

Fluoride mouthrinse programs are offered in many Saskatchewan schools. They are a safe and effective way to prevent decay. Once a week, under supervision, the students rinse with a 0.2% neutral sodium fluoride mouthrinse for one minute. The solution is spit out and is not swallowed.

## Why does my child need a fluoride mouthrinse?

- Tooth decay is common in children and usually starts at an early age.
- The use of fluoride is one of the most effective ways to prevent tooth decay.
- Studies show that fluoride rinsing reduces tooth decay by 30%.

## School-based fluoride mouthrinse programs have many advantages.

- They are safe and effective in reducing tooth decay.
- Few materials are required, so the program is inexpensive.
- Little time is required to carry out the procedure.
- Mouthrinsing is easy for school children to learn.
- Non-dental personnel can supervise the procedure.
- The procedure is well accepted by parents and children.
- Children are reminded of the importance of good dental health every time they rinse.

## Are fluoride mouthrinse programs new?

No. School fluoride mouthrinse programs have been running for years in many countries, including Canada and the United States. More than nine million children in North America currently participate in mouthrinse programs.

## Can my child receive other types of fluoride as well?

Yes. The solution is not swallowed, so it can be used in addition to topical fluoride gels, fluoride toothpaste and fluoride varnish.

## Is fluoride mouthrinse safe?

Yes. Many studies have shown that fluoride mouthrinse is safe, economical, practical, and effective in reducing tooth decay. Many people are enjoying the benefits of better dental health because of them.

## How do I enroll my child in a fluoride mouthrinse program?

- If the school in your area offers a fluoride mouthrinse program, a consent form will be sent home with your child.
- Participation is voluntary.
- Complete, sign and return the consent card to your child's teacher.

## REMEMBER:

Fluoride mouthrinsing is one important way of keeping children's teeth healthy.

Other ways to have good dental health:

- use other fluorides such as fluoride toothpaste
- floss and brush
- have regular dental visits
- practice good eating habits
- inquire about application of sealants
- use mouthguards for sports

**For more information, or if you would like a fluoride mouthrinse program started in your area, contact an oral health professional in your health region.**

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