

FREQUENTLY ASKED QUESTIONS ABOUT THE FLUORIDE MOUTHRINSE PROGRAM

WHY IS MOUTHRINSING WITH FLUORIDE IMPORTANT?

Today, fluoride is the most effective weapon to combat tooth decay.

HOW OFTEN IS IT DONE?

Children rinse for 1 minute, once a week during the school year.

CAN MY CHILD STILL HAVE TOPICAL FLUORIDE TREATMENTS AT THE DENTIST?

Yes. The mouthrinsing program complements your dentist's plan to make your child's teeth less susceptible to tooth decay.

CAN MY CHILD STILL TAKE SUPPLEMENTAL FLUORIDE TABLETS PRESCRIBED BY OUR DENTIST?

Yes. Your child will benefit from both programs. The fluoride mouthrinse protects the teeth already erupted into the mouth. Fluoride tablets work to give protective fluoride into the enamel of teeth still developing in the jaw bone.

WHAT IF MY CHILD ACCIDENTALLY SWALLOWS THE MOUTHRINSE?

If a child accidentally swallows the 5 ML or 10ML he or she is given during the rinsing exercise, there is NO DANGER (the child may experience mild stomach upset). The solution is harmless. Small children will practice first with water.

COULD DAIRY PRODUCTS CAUSE A PROBLEM?

It is best to wait 15 minutes before and 30 minutes after eating dairy products to rinse with fluoride so that the fluoride ions will unite with the calcium in the teeth, rather than uniting with the calcium in the milk, cheese, or yogurt.

COULD MY WELL WATER CONTAIN FLUORIDE?

While that is always possible, the wells in our area do not usually contain fluoride.

WHAT IS THE COST OF THE PROGRAM?

The program is free.