

Fluoride toothpaste

- > Brushing with fluoride toothpaste in the morning and before bed at night helps to prevent tooth decay.
- > After brushing, spit the toothpaste out but don't rinse.
- > Swallowing large amounts of toothpaste when adult teeth are growing (birth to eight years) may cause white flecks to show on the new teeth. To avoid this:
 - > children under 18 months should use a small, soft toothbrush with no toothpaste
 - > children 18 months to five years should use a pea size amount of low fluoride children's toothpaste
 - > children six years and over should use a pea size amount of fluoride toothpaste.

Other sources of fluoride

- > Your dental professional may apply a fluoride gel or foam if you or your child are at risk of tooth decay. This treatment is generally not used under 10 years of age.
- > Fluoride varnish can be applied by your dental professional to protect tooth surfaces. This may be used for adults and children of all ages.
- > Fluoride mouthwash may be recommended for use at home. Your dental professional will advise you when and how to use it.
- > SA Dental Service does not advise using fluoride tablets or supplements. If your tap water is not fluoridated, or if you usually drink rainwater, bottled water or filtered water, contact your dental clinic for more advice.

If you have any questions about this information, please talk to our dental staff.

For more information contact:

SA Dental Service
GPO Box 864
Adelaide SA 5001
Telephone: 1300 008 222

www.sahealth.sa.gov.au/sadental

Interpreters: If you need an interpreter, call the clinic before your appointment, so that staff can arrange for one to be present when you attend.

If you are deaf, or have a hearing or speech impairment, contact the National Relay Service. For more information call 1800 555 660 or visit www.relayservice.gov.au



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of South Australia**

SA Health