

Rinse with Fluoride!

Fluoride rinse is a liquid mouthwash (containing sodium fluoride) that can be used to prevent cavities.

Use 5 to 10 ml of fluoride rinse

Rinse mouth for 30 seconds to 1 minute

It's easy and safe!
Expect a strong defense against cavities

You can rinse once or five times a week



It's very effective for new permanent teeth!



Continue from ages 4 to 15 for best effects



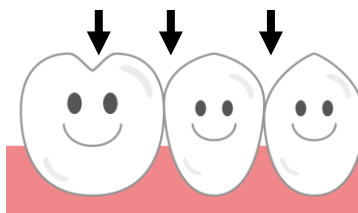
Rinse together with classmates to keep at it!



Rinsing reaches places your tooth brush can't

Effective in preventing cavities in molar fissures and between teeth!

Anyone can rinse!





Fluoride Rinse Q & A



Q 1 Is fluoride rinse safe?

A 1 Fluoride (fluorine) is one of the chemical elements that make up the human body. Fluoride is found in many foods such as tea, water, root crops, and seaweed. There are no problems when taking in proper doses of fluoride.



Q 2 If my son or daughter accidentally swallows a dose of fluoride rinse, will they be harmed?

A 2 One dose of fluoride rinse is formulated with a safe amount of fluoride in case of accidental swallowing. If a large amount of fluoride is taken in at once, or chronic overexposure occurs, there is a chance of poisoning. However, there are no concerns about the dosage of fluoride in fluoride rinse.



Q 3 My son or daughter uses fluoride toothpaste, and gets fluoride varnish at a dental clinic. If they rinse with fluoride is there any concern about taking in too much fluoride?

A 3 There is no concern about taking in too much fluoride in this case. Using fluoride rinse in addition to fluoride toothpaste and varnish will increase cavity prevention effectiveness.

Q 4 Does fluoride rinse stain the teeth?

A 4 No, fluoride rinse does not stain the teeth.

