

Community Oral Health Service PREVENTATIVE TREATMENTS

The WDHB would like to acknowledge the Auckland Regional Dental Service as the source of this fact sheet.



PREVENTATIVE TREATMENTS

There are three types of preventive treatments provided by the Community Oral Health Service:

- **Fissure Sealant**

A plastic coating applied to the biting surface of teeth which are prone to decay (mainly permanent teeth) to seal off the fissures. Sealants usually last for many years, but it is important to check whether the seal is intact.

- **Fissure Protection**

A white coating applied to the biting surface of teeth when fissure sealant is not possible. Fluoride released from this coating will protect the tooth from decay. Fissure Protection may not remain on the tooth surface as long as fissure sealant.

- **Fluoride Varnish**

Fluoride varnish contains a high amount of fluoride. The varnish sticks to the tooth surfaces for several hours. Fluoride absorbed on the surface of the tooth helps to prevent tooth decay. It is recommended that your child does not rinse their mouth for at least one hour after the varnish application and does not brush their teeth until the next morning.

Although the above treatments will aid your child's teeth it is important to encourage your child to brush their teeth and gums regularly and to limit sugary drinks, food and sweets.

*For more information please contact your dental therapist
or phone 0800 TALK TEETH (0800 825 583)*

'Brush twice a day with adult strength fluoride toothpaste'



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Community Oral Health Service PREVENTATIVE SUPPLEMENTS

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PREVENTATIVE SUPPLEMENTS

▪ Fluoride Toothpaste

Brushing twice a day with adult strength fluoride toothpaste is recommended for all children. Children under six years of age should only use a smear of toothpaste, children over six years of age should use a pea-sized amount. Swallowing or eating toothpaste should be avoided. Encourage your child to spit the toothpaste out without rinsing.

▪ Fluoride Mouthwashes

Fluoride mouthwashes are recommended for children over six years of age who are at risk of decay. After rinsing, fluoride mouth rinse should be spat out, not swallowed. It is best to use fluoride rinse at a different time to brushing the teeth.

▪ Tooth Mousse

Tooth mousse provides added protection for teeth by helping to toughen the surfaces of teeth. It is a milk derived protein and is not recommended for those who are lactose intolerant. Apply tooth mousse after brushing and leave undisturbed for three minutes.

▪ Chlorhexidine Mouthwash

This mouthwash helps to reduce bacteria levels in the mouth and promotes healthy gums. It is recommended for short term use only.

Please check with your dental therapist or other health professional before using these supplements and follow the manufacturer's instructions.

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For more information contact the
Preschool Oral Health Facilitator's Office | 06 348 8962

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He hauora pai ake, he rangatiratanga*