

## Topical Fluoride

### **What is Topical Fluoride? Why do I need it?**

Topical Fluoride is a white varnish your dentist applies onto your teeth. It has an active ingredient of sodium fluoride with a high concentration of 22,600ppm (parts per million), compared to toothpastes which usually contain a concentration of 1,450ppm. It therefore has higher strength than mouthwashes and toothpastes bought over-the-counter.

Direct application of high concentration of fluoride by the dentist or oral health therapist helps to strengthen the outer layer (enamel) of the tooth. A stronger enamel protects the nerves inside, which reduces tooth sensitivity when you consume food or drinks. Additionally, it also prevents tooth decay.

### **Is it safe?**

Topical Fluoride applied by the dentist or oral health therapist is safe to swallow. However, you are advised not to eat, drink beverages, spit or rinse your mouth for at least 30 minutes after application. It is very uncommon to develop an allergy to fluoride. However, do inform us if there is any reaction.

### **How long does it last? How often should I have it applied?**

Although topical fluoride treatments are in the mouth for a short period of time, the active ingredient remains high for several hours after the treatment.

Your dentist will advise you on how often you need the topical fluoride application. This depends on your risk of getting tooth decay.

Should you have any concerns, please approach our staff and we will gladly assist you.