

## Useful information

<b>Ashton, Leigh &amp; Wigan</b>	Leigh Health Centre Pemberton Health Centre	01942 483401 01942 481930
<b>Bolton</b>	Lever Chambers	01204 403215
<b>Bury</b>	Moorgate Primary Care Centre	0161 4779866
<b>Chester</b>	Fountains Health Centre	01244 385563
<b>Halton</b>	Hallwood Health Centre	01928 593400
<b>Heywood</b>	Phoenix Centre	01706676743
<b>Rochdale</b>	Nye Bevan House	01706 677017
<b>Oldham</b>	Oldham Integrated Care Centre	0161 6213614
<b>St Helens</b>	St Helens Dental Clinic	01744 731395
<b>Stockport</b>	Kingsgate House	0161 2044720
<b>Tameside &amp; Glossop</b>	Ashton Primary Care Centre	0161 3427150
<b>Trafford</b>	Seymour Grove Health Centre	0161 7863331
<b>Warrington</b>	Bath St. Health & Wellbeing Centre	01925 946293
<b>Widnes</b>	Healthcare Resource Centre	0151 4955042
<b>Winsford</b>	Dene Drive Primary Care Centre	01606 544188

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.

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reviewed by Bridgewater Patient Partner Group



**Bridgewater  
Community Healthcare**  
NHS Foundation Trust

## Community Dental Service

**Information for patients and carers  
about the use of prescription only  
fluoride toothpaste**



Quality first and foremost

## A little extra help for your teeth

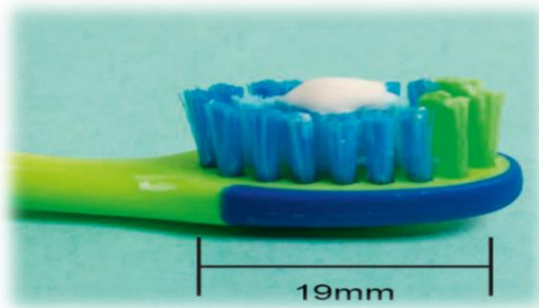
Some people are at special risk of tooth decay.

Your dentist has decided that your teeth may benefit from the use of a high fluoride special toothpaste.

Most toothpastes contain fluoride which will help to protect and strengthen teeth if used regularly. Your prescription toothpaste contains over twice as much fluoride as regular toothpaste and offers greater protection against tooth decay if used correctly.

## To get the best results

- Use a dry, soft/medium toothbrush with a small head.
- Use a pea sized amount of your prescription toothpaste instead of your usual toothpaste.



- Brush your teeth and gums thoroughly twice a day.
- The best times to brush your teeth are in the morning and before going to bed at night, or as recommended by your dentist.

- After brushing, spit the toothpaste out and do not rinse your mouth with water or mouthwash. This will leave a thin film of toothpaste on your teeth which can help to protect them for longer.
- **Do not swallow the toothpaste.**
- It is advisable not to have a drink for at least 30 minutes after brushing your teeth.
- Keep your prescription toothpaste out of sight and reach of children.
- Continue to use your prescription toothpaste until your dentist advises otherwise.

In the very rare event of an allergic reaction, brush your teeth thoroughly with an ordinary toothpaste and contact either your dental department for advice or seek medical help.

## Remember

This toothpaste is for your use only and should **never** be used by anyone else.

Even though you are using a prescription toothpaste it is advisable to keep sugary food and drinks to mealtimes to help reduce tooth decay.

Contact your dental team if you have any queries.