

# Fluoride Mouthrinse Program

## Consent Form



Public Health  
Services

[novascotia.ca/dhw](http://novascotia.ca/dhw)

### Dear parent/guardian:

Public Health Services, with the help of trained volunteers, is pleased to offer a free Fluoride Mouthrinse Program to your child and the other students in his/her elementary class. Children who take part in this program can expect to have fewer cavities. Please sign this consent form in order for your child to take part in the program.

The Fluoride Mouthrinse Program is not meant to replace your child's regular brushing, flossing, dental checkups, or fluoride treatment done by the dentist or dental hygienist. It is in addition to these good dental practices and will help prevent tooth decay.

Once a week, your child will be given a cup with a small amount of a fluoride solution (10 mls / 5 mls for grade primary). The solution contains water, 0.2% sodium fluoride powder, sodium saccharin (sweetener), citric acid, potassium sorbate, flavouring, and colouring. The colourings and flavourings may vary throughout the program.

Children will rinse with the fluoride solution – swish it around in their mouth and then spit the solution back into the cup. They will not swallow the fluoride solution. This is a simple procedure that will not take more than 5 minutes of class time.

We will keep careful records of this program to make sure it is working and to do related research.

If you have any questions, feel free to contact your Public Health Dental Hygienist: Sharon Hearn 625-4375

**Please complete and sign the attached form and return it to your child's teacher.**



## Fluoride Mouthrinse Program Consent Form

Student's Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Birth Date: \_\_\_\_\_  
YEAR MONTH DAY

School \_\_\_\_\_ Teacher \_\_\_\_\_ Grade \_\_\_\_\_

Do you consent to your child participating in the Fluoride Mouthrinse Program?

- YES**, I consent.  
 **NO**, I do not consent.

Does your child have any allergies to food dyes or food flavourings?

- YES**. Please Specify \_\_\_\_\_  
 **NO**

Date \_\_\_\_\_ Signature of Parent or Guardian \_\_\_\_\_

Your consent is valid for this current school year unless cancelled in writing.

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# Fluoride

## Mouthrinse Fact Sheet

### What is a Fluoride Mouthrinse Program?

A Fluoride Mouthrinse Program is a school-based, weekly method to deliver fluoride to children in selected elementary schools. Using fluoride mouthrinse allows fluoride to coat the outer surface of teeth. This makes the tooth enamel stronger and more able to resist cavities.

### How does the program work?

The children rinse for one minute with a small amount of a 0.2% solution of sodium fluoride with the help of volunteers trained by Public Health Dental Hygienists. The rinsing program only takes about five minutes of class time and is simple for most children to learn and do.

### What are the benefits of this program?

Studies have shown that children who rinse once a week in this program can expect to have fewer cavities.<sup>1</sup> The benefits of fluoride are most effective when teeth are breaking through the gums. The fluoride benefit continues as long as the child participates in the Fluoride Mouthrinse Program.

Elementary school children are just the right age to receive this benefit. Clearly, even greater benefits can occur with good toothbrushing habits at home and regular visits to the dental office. Like toothpaste, fluoride mouthrinse is not meant to be swallowed. The amount of fluoride in a single rinse is so small that even if a child swallows it by accident, it is not harmful. There are no known health risks associated with the Fluoride Mouthrinse Program.

### Nova Scotia's Fluoride Mouthrinse Program...

- is safe and effective.
- takes very little school time.
- is easy for most children to learn and do.
- is paid for by Public Health Services in each District Health Authority. There is no direct cost to children, families, or schools.

### Do I need to give my consent?

In order for your child to take part in the Fluoride Mouthrinse Program, you must sign a Consent Form and return it to the school.

<sup>1</sup> Centers for Disease Control and Prevention. *Recommendations for using fluoride to prevent and control dental caries in the United States*. *MMWR Report*. April 17, 2001/50(RR14); 1-42. [cited 2003 Mar 23]. Available from <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5014a1.htm>.