



# Little Smiles Shine with **Great Oral Health**

KIDS CARE @ WATERSIDE DENTAL



waterside  
*dental*



## FACT

During 2017, 5,122 children in Northern Ireland had just over 22,500 teeth extracted due to dental decay; 10% of those were adult teeth. This is both a distressful experience for the child and their parents. This statistic is unacceptable for a preventable disease.

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## ENSURE REGULAR CARE

STARTING FROM  
**£8.74** per month



What does the plan include:  
Guided Biofilm Treatments with Fluoride



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# FLUORIDE TREATMENTS FOR BETTER DENTAL HEALTH

Xylitol boosts dental health and helps prevent tooth decay. One of the leading risk factors for tooth decay and plaque formation is a bacteria called *Streptococcus mutans*. Although some plaque on the teeth is unavoidable, excess plaque leads to inflammatory gum diseases, like gingivitis. These bacteria feed on glucose from food to produce acid which weakens the structure of the tooth enamel leading to decay. Fortunately these bacteria cannot feed on Xylitol and eventually the bacteria's energy producing pathway gets clogged up and the bacteria die. Some studies have shown that regular use of Xylitol can reduce tooth decay by up to 75%.

Fluoride is widely known to have a beneficial effect on the development of more acid resistant enamel and dentine. As Fluoride is not present in the water in Northern Ireland, this treatment is designed to brush

high concentration Fluoride into the developing teeth thereby strengthening the outer layer of enamel in an effect similar to a "crash helmet".

The hygienists working in Total Dental Hygiene will be working in combination with Waterside Dental dentists, to provide this 4 monthly preventative treatment to equip your children with the best possible start to inheriting a decay free mouth for life.

Ask any member of staff if you want any further information regarding the scheme as there will be limited availability.



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