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### **Fluoride Instructions**

Fluoride supplements are started at 6 months of age and continued until 14 years of age. Dosages will be changed at 3 years and then again at 6 years.

One fluoride tablet or liquid dose should be ingested daily.

#### **Fluoride Drops (6 months – 3 years)**

Place two drops daily on tongue or inside cheek at bedtime.

#### **Chewable Tablets (3 years – 14 years)**

Have your child chew up one tablet daily after brushing and flossing at bedtime, swish around the mouth and swallow.

### **Health Concerns**

- Keep fluoride out of reach of children (the tablets taste good, but in large dosages can be lethal).
- While brushing use only a pea size drop of fluoride toothpaste, no larger.

### **Additional Fluoride Concerns:**

- Do not use any other forms of fluoride such as school administered doses, fluoride rinses, etc.
- Fluoride should be taken alone to generate optimum dental preventative effects. It is very important that your child does not take fluoride within 30 minutes of taking a vitamin supplement and/or dairy products of any kind.
- Fluoride concentration in our city water supply is negligible. If your child is on another water supply, please advise Dr. Nicholson.