



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

KIDS CARE @ 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.

## ENSURE REGULAR CARE

CHILDREN AGED 2 – 9  
**£6.95** per month



CHILDREN AGED 10 – 17  
**£8.95** per month

What does the plan include:  
3 visits with hygienists  
including fluoride



waterside  
dental

Research shows that preventive dentistry delivered on a regular basis greatly reduces the risk of dental disease in children and provides a platform for a lifetime of improved oral health.

At Waterside Dental, we have been using a hygiene led service to educate children and promote good oral health habits at an early age. We teach children proper brushing techniques and the importance of a healthy diet. I have worked in Waterside for over 30 years utilising hygienists and therapists to maximise dental health. The most rewarding feature is that children we have treated over that period are now decay free parents bring their own children to the practice.

With this in mind, we are introducing a hygiene led service to take advantage of recent changes by the General Dental Council to encourage the provision of an enhanced preventative service. It will allow us to maximise your child's oral health and keep your child dentally fit during the crucial development stages. The advantage for you is that it should minimise your child's need for fillings and extractions and you will have the peace of mind that all of your child's preventive dental care will be covered by convenient monthly payments.

**JOIN  
TODAY**

Contact Us  
for full details.





# 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.



Waterside Dental  
7 Waterside  
Coleraine BT51 3DP  
**[watersidedentalsurgery.com](http://watersidedentalsurgery.com)**

