

Information on the application of the fluoride varnish Fluoridin N5

Dear parents and legal guardians,

we are the Working Committee on Youth Dental Care for the Free State of Saxony (LAGZ*).

Our job is to support the oral health of children and adolescents.

The basis for our work is the Social Code 5, Paragraph 21.

On our behalf, dentists and their professional staff visit kindergartens and schools.

What is involved?

Dentists or their professional staff coat the surface of children's teeth with a fluoride varnish. This procedure is called fluoridation.

This procedure is free of charge for your child and may be performed up to 3 times in a school year.

For this we need your voluntary written consent.

Which medication is used?

The fluoride varnish Fluoridin N5 is applied to the surface of your child's teeth. Fluoridin N5 is a substance that strengthens tooth enamel and makes teeth more resistant to tooth decay. Tooth decay at an early stage can be stopped or even reversed.

Which substances are used in the fluoride varnish Fluoridin N5?

The fluoride varnish Fluoridin N5 contains the following substances:

- **Hydrated colophony, glycerol ester of colophony,**
- Sodiumfluorid, ethanol, wax
- Finely ground silicon dioxide, iron oxide and iron hydroxide (E 172)
- Ethyl cellulose
- Sodium cyclamate, saccharin, raspberry flavour

What are possible side effects of Fluoridin N5?

Through coating teeth with the fluoride varnish Fluoridin N5, tiny amounts of fluoride get into the mouth.

Children may react on rare occasions to the fluoride varnish. Sensitive reactions to Fluoridin N5 may include local swelling of the lining of the mouth or skin irritations.

Fluoridin N5 contains colophony. This substance may cause allergic reactions.

Fluoridin N5 may cause asthma attacks in children with asthma.

For which children is the fluoride varnish Fluoridin N5 not recommended?

The fluoride varnish Fluoride N5 is not recommended for:

- Children with asthma
- Children who are hypersensitive to any of the substances in Fluoride N5.
- Children who are allergic to colophony (rosin)
- Children who do not have a swallowing reflex

What else do you need to consider?

After the application of Fluoridin N5, your child should not eat for at least 2 hours and should not chew gum.

For this reason, your child should have a good breakfast that day.

Your dentist also offers fluoridation. A repetition of fluoridation within a short time is safe.

How do your child's teeth stay healthy?

You help your child with regular and thorough brushing. Your child needs your help with brushing teeth until at least the seventh birthday.

You ensure your child has a healthy and varied diet.

You take your child to the dentist once every six months.

(Medical) confidentiality

The fluoridation takes place in a group setting. There is a possibility that your child's data may be heard or read by others.

Dentists and their staff must maintain patient confidentiality. To make the work of the dentists and their staff easier, we kindly ask you to release them from the obligation of patient confidentiality during the fluoridation period.

How long is the consent valid?

Your (informed) consent is valid for the entire school year.

It is only valid for fluoridation with Fluoridin N5.

You can withdraw your consent at any time

If you have any questions, speak to the dentist who comes to your school.

Name and contact details of dentist:

Name:

Telephone:

Address:

Sincerely

LAGZ Sachsen e. V.

For your child to participate, you must read the fluoride varnish information sheet and give consent by completing and signing the form below.

Consent form to apply the fluoride varnish Fluoridin N5 to my child`s teeth

Family Name: _____

First Name: _____

Child`s Date of Birth: _____

School: _____

School Class: _____

My child suffers from:

Asthma yes no

Allergy to colophony yes no

I have read the information sheet about applying the fluoride varnish Fluoridin N5.

yes no

I absolve the dentist and the professional staff of their obligation to maintain confidentiality during the period of fluoridation.

yes no

I give permission for my child to have up to 3 applications of the fluoride varnish Fluoridin N5 per year.

yes no

Place, Date

1) _____
Signature of parent/ legal guardian

2) _____
Signature of parent/ legal guardian

Please let your child return the signed consent in an envelope. Your child is not allowed to participate in the fluoridation treatment without your signed consent.