



Guidance

Duraphat High Fluoride Toothpaste

This leaflet provides guidance when you are using Duraphat toothpaste

It should be read in conjunction with the manufacturers' guidance



Duraphat toothpaste is a medicine

Duraphat toothpaste is a medicine that must be prescribed by your dentist. It should only be used by the person for whom it has been prescribed. It is not available on demand, and is only prescribed in specific cases.

How to use Duraphat toothpaste



Always use Duraphat® toothpaste exactly as your dentist has told you, and following the product instructions. You should check with your dentist if you are not sure.



- Use Duraphat 3 times a day.
- Apply a 2 cm ribbon onto your toothbrush for each brushing.
- Brush vertically, from the gum to the tip of the tooth.
- Spit out excess foam and do not swallow.
- Careful brushing takes approximately 3 minutes.



Brush your teeth after each meal. Food and drink, if taken immediately after brushing, may have an inhibitory effect on the remineralisation of the teeth.

Possible side effects:

Duraphat can cause side effects, although not everybody gets them. In some rare cases (i.e. less than 1 in 1000 people treated) allergic reactions can occur e.g. rash, itching, swelling and redness. Burning oral sensation has also been reported. If you get any side effects stop using the toothpaste immediately, and talk to your doctor, or dentist.