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Patient Information Leaflet

Duraphat Toothpaste



Please speak to a member of staff if you need this leaflet in large print, braille, audio or another language

Introduction

This leaflet provides you with information about how to use Duraphat Toothpaste, This will need to be used during and after radiotherapy.

Why do I need Duraphat Toothpaste?

A high concentration of fluoride toothpaste will help to strengthen and protect your teeth during and after treatment. The brand is made by the Colgate Group and contains 5000ppm (parts per million) of fluoride.

There is an increased risk tooth decay due to the reduction of saliva following head and neck radiotherapy. This may mean more holes in your teeth.

The consultant will provide you with a letter advising your doctor or dentist to prescribe Duraphat toothpaste. They will then convert this into a repeat prescription to collect from the pharmacy.

How to use Duraphat Toothpaste?

Use the toothpaste 3 times each day:

- In the morning before breakfast.
- In the middle of the day.
- At night time before going to bed.

You may prefer to use a soft toothbrush throughout your treatment. Afterwards, continue to use a medium bristled manual or electric toothbrush.

If you run out of the Duraphat toothpaste, contact your doctor or dentist for a repeat prescription.

Fluoride trays

Fluoride trays are clear plastic moulds which fit over your teeth.

If you are provided with fluoride trays, you will need 2 visits:

1st visit. Dental Impressions will be taken.

2nd visit The fluoride trays will be fitted.

How to use fluoride trays

- Apply a small amount of toothpaste or MI paste (contains calcium and phosphate ions which you may be lacking from reduced saliva), into the tooth space on the trays and place over the teeth.
- The trays should be worn overnight. If you are not able to tolerate them at night they should be worn for 1 hour each day.
- Avoid eating and drinking for 30 minutes after the application.
- Use a toothbrush and cold water to clean.
- Keep the trays safe in a box.