

## HOW CAN YOUR SCHOOL ENROLL IN "SAVE OUR SMILES"?

For more information on how your school can enroll in "Save Our Smiles," the fluoride mouthrinse program for NJ schools, please contact your regional office. If the school is located in the northern region of the State, please contact the Regional Oral Health Coordinator in either the central or southern program.

### Central Regional Program

(Hunterdon, Mercer, Middlesex, Monmouth, Ocean, Somerset and Union counties)

Mary Ann Hanus, RDH

Regional Oral Health Coordinator

Central NJ Maternal & Child Health Consortium

501 Hoes Lane, Suite 206, Piscataway, NJ 08854

(732) 699-0944

### Southern Regional Program

(Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, and Salem counties)

Deborah Tracy, RDH

Regional Oral Health Coordinator

Southern Jersey Family Medical Centers, Inc.

238 East Broadway, Salem, New Jersey 08079

(856) 935-6203 or 856-935-7711

### NJ Department of Health and Senior Services Preventive Oral Health Education Program

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# "Save Our Smiles"

Fluoride  
Mouthrinse  
Program for  
New Jersey  
Schools



New Jersey  
Department of  
Health and  
Senior Services

Division of Family  
Health Services

School and Oral  
Health Program

### **Why is it Needed?**

Despite the fact that oral health has been improving, especially in children, billions of dollars are spent annually for the treatment of dental disease.

Dental-related illnesses continue to result in restricted activity, unnecessary pain, and lost school days.

An accepted method by which tooth decay can be reduced by one-third is through the use of a fluoride mouthrinse program. The NJ Department of Health and Senior Services funds a statewide fluoride mouthrinse program for New Jersey schools called "SAVE OUR SMILES."

### **What is Fluoride?**

Fluoride is a mineral found throughout nature in varying degrees. It helps to remineralize and harden tooth structure, rendering it more resistant to cavity formation.

### **Is the Procedure Difficult?**

No, the procedure is easy and interruption of a school's academic program is minimal. Less than five minutes per classroom is required each week for fluoride mouthrinsing throughout the school year. The technique is easy to learn and non-dental personnel (teachers, parents, aides and nurses) can supervise the program. No special classroom facilities are required.

Once a week, 10 mls. (2 tsp.) of fluoride solution is distributed to each participating student. Students are instructed to swish the solution in their mouths for 60 seconds. At the end of the minute, students empty the rinse back into the cups, wipe their mouths with napkins, and stuff the napkins into the cups to absorb the liquid. It is then collected for disposal.

### **Is This a New Program?**

In New Jersey, the fluoride mouthrinse program began in 1981 and continues to the present time.

### **What is the Cost to Individual Schools?**

The 'Mix 'n Pump' fluoride solution is provided at no cost. Some schools opt for the unit dose version. This is available with a co-pay from the school.

### **What Professional Associations Endorse This Program?**

The American Dental Association, New Jersey Dental Association, New Jersey Dental Hygienists' Association and the American School Health Association have endorsed this important program.

### **Can "Save Our Smiles" Replace Other Dental Disease Prevention Measures?**

The fluoride mouthrinse program is compatible with other dental disease prevention measures that children may receive at home or from the dentist. The program does not eliminate the need for proper home care and regular dental checkups.

### **"SAVE OUR SMILES"**

- A voluntary program to improve the oral health of New Jersey schoolchildren.
- A weekly school mouthrinse program proven effective in reducing tooth decay.
- Requires a total of five (5) minutes a week per classroom.
- May be conducted by volunteers or aides, as well as school nurses or teachers.
- No cost for 'Mix 'n Pump' to eligible schools. Unit dose requires a co-pay from the schools.
- Parental permission is required for student participation in the program.
- Compatible with other dental disease prevention measures.

