

# Factsheet

## Milk allergies & dental care

Some dental products contain food. The most common food found in dental products is milk.

It is important that the person with an allergy/the parent of a child with an allergy and the dentist and their team know:

- the signs and symptoms of an allergic reaction, and
- the emergency treatment steps in case of accidentally being exposed to an allergen.

### Milk products at the dentist

Products that include milk are being used more often in dental care. These are used to:

- help stop tooth decay, and
- provide extra protection for teeth that are at risk of developing tooth decay.

**Do NOT use products that include casein, Recaldent™, CPP or CPP-ACP if you have a milk allergy.**

### What if I am lactose intolerant?

Lactose intolerance is not the same as a milk (dairy) allergy. Lactose intolerant people can often have a small amount of milk, especially those in dental treatments. Lactose intolerance does not cause anaphylaxis.

### Some products that include milk

- Chewing gum e.g., Recaldent™ gum.
- GC Tooth Mousse®. This can be bought from a dental clinic, supermarkets, pharmacies or online.
- Toothpaste e.g., MI Paste®, MI Paste Plus® and MI Paste® ONE.
- MI Varnish®. This is a type of fluoride treatment.
- Fuji VII EP. This is a dental filling material used to fix teeth.

This list does not include all dental products that contain milk. If you have a known allergy, the ingredients of EVERY dental product should be checked EVERY time they are given to you.

GC Tooth Mousse® also includes a warning that it should not be used on people with a soy allergy.

### How to prevent anaphylaxis when using dental products

Talk to your dentist before each appointment to check if any products will be used that may cause you to have an allergic reaction.

Always take your EpiPen® or Anapen® and your ASCIA Action Plan for Anaphylaxis to all of your dental appointments.

Check the labels of all dental products used at home. Foods may not be easy to find on labels. For example, milk may be listed by lots of different names. These names can include milk, casein, Casein-Phosphopeptide (CPP), Recaldent™, or CPP-ACP.

