



Why Water Matters for dental practices



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Tooth-friendly hydration

As every dentist and dental hygienist knows, drinking water is one of the easiest and most cost-effective ways of achieving hydration without damaging teeth.

Often, when giving patients preventative advice on avoiding dental caries and gum disease, it is easy to overlook dietary guidance. Yet, in addition to correct brushing and flossing, advising on the benefits of consuming the simplest drink of all – water – can play a valuable role in your patient's routine.

Set an example

Installing water-coolers is a good idea. If you are advising patients to set good, healthy habits for life by drinking water, it makes sense to set an example. One of the most convenient, cost-effective, safe and efficient ways of offering water in the surgery or waiting room is through a water cooler.

Many companies also offer home coolers so you can suggest that people, especially families, consider having a unit at home too.

The benefits of correct hydration

Having an adequate intake of water helps optimise mental and physical performance; avoids unwanted calories; promotes dental health; helps avoid a host of minor ailments such as headaches and constipation; and promotes kidney and heart health.

Even a 1% loss of body mass due to dehydration will affect performance and can induce mood swings so water is a great way to ensure that staff as well as patients stay on top form.

Installing a water cooler in reception and having your receptionist invite people to help themselves to a drink can help relax a nervous patient and promote well-being whilst waiting for their appointment.

How to select a water cooler?

There are two things to consider when choosing a water cooler. Firstly, safety and hygiene are paramount. To have a guarantee of excellent standards, make sure you use a member of the trade association, the Water Dispenser & Hydration Association (WHA).

Secondly, you need to decide which type of cooler you want. There are two main types:

- bottled water coolers; and
- mains-fed coolers.

If you want to be able to plug-in the machine or machines wherever is convenient, and you have suitable cool, dark space to store a supply of bottles, a bottled water cooler is ideal. Remember staff must be briefed on the safe and hygienic way to change the bottles.

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If, on the other hand, you have a readily accessible source of mains water and limited storage space for containers, then a mains-fed cooler may be more convenient.

Your chosen supplier will be able to offer guidance on which machines will be suitable. A mix of the two types may be useful and most WHA suppliers can offer both options.

All equipment is PAT tested prior to delivery, so you can be reassured of compliance.

Not all water coolers are equal

Whichever style of water cooler you choose, make sure of one thing. Choose a supplier that is a member of the Water Dispenser & Hydration Association. Known as the WHA, the Association is the leading trade body ensuring standards of safety and hygiene that are at the top of their class. WHA members must stick to strict Codes of Practice and good conduct and are rigorously audited every year. By dealing with a WHA member you know you are getting the best. Visit <https://twha.co.uk/find-a-member> to check who to do business with.

The sustainable choice

Show your patients how they can avoid environmental damage by avoiding single use plastic bottles. Water coolers are highly sustainable: containers used for bottled water coolers are collected, cleansed and reused 40-50 times before being safely recycled. Mains-fed coolers use water from the mains water supply. In addition, many WHA members follow the '5 for 5 Sustainability Pledge' to ensure they are even more sustainable and follow best practice.

Further information

For more information visit www.twha.co.uk

Healthy Hydration Chart

There's one easy way to know if you are properly hydrated – check the colour of your urine against our 'pee chart'. Pale is good; dark urine means you could be in need of fluid. And if you find you are dehydrated, here's an easy way to rehydrate healthily: head straight to that water cooler... simple.

well hydrated

Your urine is an ideal, pale straw colour. Keep up the good work.

You're okay but you could do with a small glass of water now.

You may be a little dehydrated. Drink a couple of glasses of water now.

You need to drink about up to half litre of water right now.

Not good! You are dehydrated and may have a headache. Drink a litre of water.

poorly hydrated

Note: if your urine is even darker than this and or red/dark brown then dehydration may not be the problem. Seek medical advice.



Water Dispenser & Hydration Association

QUALITY • TRUST • STANDARDS

Choose a WHA member – for hydration you can trust
www.twha.co.uk

Disclaimer: the information given here is for guidance only. If in doubt about your health seek attention from a medical professional.