



Fluoride Toothpaste

Brief Summary

Description and Use:

Fluoride toothpaste also known as dentifrice can be found in the form of gel, paste or powder. It helps to prevent dental caries by removing plaque and strengthening tooth enamel and dentine.

Use and Application:

Brush teeth twice a day using fluoride toothpaste; do not swallow; use only a pea-sized amount for children under six who should be supervised when they use toothpaste.

Effectiveness:

The existing literature reviews and consensus statements confirm a clear beneficial effect of fluoride toothpaste. The prevented fraction for fluoride toothpaste in permanent teeth is 24% in both adult and children.

Safety:

Regulations in different parts of the world restrict the fluoride content of toothpaste to either 1000 or 1500 ppm F for general use. At these fluoride levels 0.5 gm of toothpaste will contain either 0.5 or 0.75 mg of fluoride. Ingestion of fluoride during the development period of the dentition may increase the risk of dental fluorosis and therefore the amount of toothpaste used by children under 6 should be carefully controlled. Personalized fluoride regimens should include a risk analysis and a review of the patient's current fluoride exposure. When used by the manufactures as recommended, fluoride toothpaste is safe and effective.



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Cost Effectiveness:

The cost effectiveness of fluoride toothpaste is extremely good. Cost per prevented decayed missing and filled tooth is very low and the marginal cost for adding fluoride to the toothpaste is negligible.

Recommendations:

Twice a day brushing with over the counter fluoride toothpaste has been shown to improve oral health. However, it must be available for consumer purchase, of good quality, affordable and used advisedly.