

# FLUORIDE



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SPECIALIST DENTAL PRACTICE

*Fluoride is an important element as it serves to prevent, control and arrest caries.*

*Fluoride is a natural element which is widely found in nature and in foods such as tea and fish, it is also found in some natural water supplies.*

*Fluoride is measured in PARTS PER MILLION = PPM*

*Toothpaste and mouthwash fluoride concentration can be identified in the ingredients list as: Sodium **Fluoride**, Sodium **Monofluorophosphate**, Stannous **fluoride** or Amine **fluoride**.*

## FLUORIDE

FLUORIDE WORKS TOPICALLY MAINLY AND IT IS MOST EFFECTIVE IF IT IS AVAILABLE MULTIPLE TIMES DURING THE DAY.

TO ENSURE THAT YOU BENEFIT FROM THE EFFECTS OF FLUORIDE;

- ✓ BRUSH YOUR TEETH TWICE DAILY WITH A FLUORIDATED TOOTHPASTE.
- ✓ "SPIT DON'T RINSE"
- ✓ DO NOT EAT OR DRINK FOR HALF AN HOUR AFTER TOOTH BRUSHING.
- ✓ USE A FLUORIDATED MOUTHWASH AT ANOTHER TIME DURING THE DAY.
- ✓ YOU MAY BE PRESCRIBED HIGHER FLUORIDE PRODUCTS IF YOU ARE AT HIGH RISK OF DENTAL CARIES.

*Approximately 10% of England's population benefit from a water supply where the fluoride content either naturally or artificially, is at the optimum level for dental health.*

## DENTAL FLUOROSIS

FLUORIDE CAN INDUCE DENTAL FLUOROSIS, WHICH AFFECTS THE DEVELOPMENT OF ENAMEL.

DENTAL FLUOROSIS CAN ONLY OCCUR WHEN THE ENAMEL OF THE PERMANENT TEETH IS FORMING, THUS EFFORTS TO MINIMISE FLUORIDE INGESTION IS FOCUSED ON CHILDREN UNDER THE AGE OF 7.

CHILDREN MUST BE SUPERVISED WHILE USING FLUORIDATED PRODUCTS.

DENTAL FLUOROSIS CAN BE MILD, MODERATE OR SEVERE.

THE RISK AND APPEARANCE OF FLUOROSIS DEPENDS ON THE FLUORIDE DOSE RELATIVE TO THE WEIGHT OF THE CHILD.

THE BENEFITS OF FLUORIDE OUTWEIGH THE RISKS OF FLUOROSIS; THEREFORE, FLUORIDE IS STILL HIGHLY RECOMMENDED BY PUBLIC HEALTH ENGLAND.

## FLUOROSIS SCALE

## ANTIPLAQUE/ANTIBACTERIAL PROPERTIES

IF YOU SUFFER FROM GINGIVITIS; USING A TOOTHPASTE AND MOUTHWASH WITH THESE PROPERTIES CAN HELP TO CONTROL PLAQUE AND REDUCE GUM DISEASE;

- ✓ TRICLOSAN
- ✓ CHLORHEXADINE (CORSODYL)
- ✓ ESSENTIAL OILS (LISTERINE)
- ✓ METAL IONS
- ✓ ENZYMES

HOWEVER, TO CONTROL PLAQUE AND IMPROVE GUM DISEASE THIS MUST BE USED IN CONJUNCTION WITH EFFECTIVE TOOTHBRUSHING.



**Corsodyl**  
**(chlorhexadine) mouthwash** is a very effective antibacterial mouthwash but should only be used short term (2-4 weeks) as it can cause staining of the teeth

## DESENSITIZING POTENTIAL

IF YOU SUFFER FROM SENSITIVE TEETH THERE ARE VARIOUS INGREDIENTS ADDED TO SOME TOOTHPASTES AND MOUTHWASHES THAT CAN HELP COMBAT SENSITIVITY.

- ✓ POTASSIUM NITRATE (SENSODYNE TOTAL CARE)
- ✓ FLUORIDE
- ✓ STRONTIUM ACETATE HEMIHYDRATE (MINT SENSODYNE)
- ✓ STRONTIUM CITRATE (COLGATE SENSITIVE)
- ✓ SILICA
- ✓ SODIUM CITRATE
- ✓ FORMALIN (MACLEANS SENSITIVE)

IT IS IMPORTANT TO REMEMBER NOT TO RINSE WITH WATER IMMEDIATELY AFTER BRUSHING SO THE INGREDIENTS HAVE TIME TO WORK BEFORE BEING WASHED AWAY.

## ANTI CALCULUS

CALCULUS IS HARDENED PLAQUE ON THE TEETH AND IT CAN ONLY BE REMOVED BY A SCALE AT THE DENTISTS. YOU MAY KNOW IT AS TARTAR. SOME TOOTHPASTES CAN HELP TO STOP THE FORMATION OF CALCULUS. THESE PROPERTIES MAY BE ADDED TO THE TOOTHPASTE;

- ✓ PYROPHOSPHATE
- ✓ ZINC CITRATE
- ✓ ZINC CHLORIDE
- ✓ GANTREZ ACID