




Recommendations for Fluoride Usage



Providers should consider several factors when deciding how much fluoride a child should consume. Such factors include the child's age, the fluoride concentration of the child's primary sources of drinking water, and the child's caries risk assessment.

Fluoride Use Recommendations

Infant	Child Ages 2-6	Child Ages 6+
<p>Clean the infant's mouth with a cloth or soft toothbrush during the first year.</p>  <p>As teeth begin to break through the gums, use a smear of fluoride toothpaste twice a day.</p>	<p>Brush child's teeth twice daily with a half-pea sized amount of fluoride toothpaste.</p> 	<p>Increase the amount of fluoride toothpaste to a pea-sized amount and brush twice daily.</p>  <p>A pea-sized amount of toothpaste contains about .25 mg of fluoride.</p>
<p>Remember that young children do not have the ability to brush their teeth effectively. Children should be taught to spit out toothpaste and not swallow excess toothpaste after brushing.</p>		

Dental Fluorosis

Dental fluorosis affects the permanent teeth and occurs when a child gets too much fluoride for the child's size and weight during the years of tooth development. Too much fluoride can result in defects in tooth enamel. This can happen by:

- Taking more of a fluoride supplement than the amount prescribed
- Taking a fluoride supplement when there is already an optimal amount of fluoride in the drinking water
- Continually swallowing fluoride toothpaste because it tastes good
- Using too much toothpaste and swallowing it instead of spitting it out

Resources for Fluoride Usage Recommendations



Research Articles

American Dental Association Council on Scientific Affairs. Professionally applied topical fluoride: evidence-based clinical recommendations. *J Am Dent Assoc.* 2006 Aug;137(8):1151-9.

American Dental Association Council on Scientific Affairs. Recommendation on the use of fluoridated toothpaste for all children regardless of caries risk. *The Journal of the American Dental Association* February 10, 2014
<http://www.ada.org/en/press-room/news-releases/2014-archive/february/ada-uses-fluoride-toothpaste>

Berg J, Gerweck C, Hujoel PP, et al. Evidence-based clinical recommendations regarding fluoride intake from reconstituted infant formula and enamel fluorosis: a report of the American Dental Association Council on Scientific Affairs. *J Am Dent Assoc.* 2011 Jan;142(1):79-87.

American Academy of Pediatric Dentistry Policy Statement. Recommendation on the use of fluoridated toothpaste for all children regardless of risk.
http://www.aapd.org/media/Policies_Guidelines/P_ECCClassifications.pdf

Centers for Disease Control and Prevention. Recommendations for using fluoride to prevent and control dental caries in the United States. *MMWR Recomm Rep.* 2001 Aug 17;50(RR-14):1-42.
<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5014a1.htm>

Clark M, Slayton R. Fluoride Use in Caries Prevention in the Primary Care Setting. *Pediatrics* September 2014, Volume 134 Issue 3, Section on oral health

Marinho V, Higgins J, Logan S, Sheiham A. Fluoride varnishes for preventing dental caries in children and adolescents. *Cochrane Database Syst Rev.* 2002;(3):CD002279.

Rozier RG, Adair S, Graham F, et al. Evidence-based clinical recommendations on the prescription of dietary fluoride supplements for caries prevention: a report of the American Dental Association Council on Scientific Affairs. *J Am Dent Assoc.* 2010 Dec;141(12):1480-9.

Shulman J, Wells L. Acute Fluoride Toxicity from ingesting home-use dental products in children, birth to 6 years of age. *J Public Health Dent.* 1997;57(3):150-158.

Weintraub J, Ramos-Gomez F, Jue B, et al. Fluoride varnish efficacy in preventing early childhood caries. *J Dent Res.* 2006;85(2):172-176.

US Preventative Services Task Force recommends all children under 6, regardless of risk, have fluoride varnish at least twice yearly.
<http://www.uspreventiveservicestaskforce.org/uspstf12/dentalprek/dentchfinalrs.pdf>

Websites

American Dental Association (ADA), www.ada.org

American Academy of Pediatric Dentistry (AAPD), www.aapd.org

American Academy of Pediatrics (AAP), www.aap.org

- <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAP-Recommends-Fluoride-to-Prevent-Dental-Caries.aspx>
- <https://www.healthychildren.org/English/healthy-living/oral-health/Pages/FAQ-Fluoride-and-Children.aspx>

Centers for Disease Control and Prevention (CDC), <http://www.cdc.gov/OralHealth/>

- My Water's Fluoride, <http://apps.nccd.cdc.gov/MWF/Index.asp>
- Other Fluoride Products: Fluoride Supplementation, <http://www.cdc.gov/fluoridation/other.htm#2>

www.orohc.org

Oregon Oral Health Coalition

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