



DENTAL PRODUCTS & FUN FACTS*

We recommend products approved by the American Dental Association (www.ada.org/en/science-research/ada-seal-of-acceptance/ada-seal-shopping-list). For alternative products, it is advised that you make sure the product is "CL approved" (Consumer Labs), and the producing company follows "ISO" (International Organization Standardization):

- **Cosmeticinfo.org** gives you information about oral health products and goes by ingredients as well as toxicity.
- **www.ada.org/goto/ppr** Professional Product Review published quarterly.
- Dental Product Comparison & Ingredients List Websites:
 - **www.dentalproductshopper.com**
 - **www.dentalcompare.com**
 - **www.dentalcare.com**; **www.colgateprofessional.com**; **[smartlabel.colgate](http://smartlabel.colgate.com)** (ingredients listed)
 - **www.dailymed.nlm.nih.gov/dailymed** (best for complete ingredients and package photo)

TOOTHPASTES

Most toothpastes contain Sodium Fluoride 0.243%. The fluoride enhances the strength of teeth by forming fluorapatite, a naturally occurring component of tooth enamel. This makes tooth enamel less resistant to acid breakdown. Children's brands vary from 500ppm of fluoride to 1,450ppm, while adult brands vary from 1,000ppm to 1,450ppm.

We recommend a smear of toothpaste for children under 3 years of age and a pea size amount for children 3 years and older. This way you can be sure that if your child swallows any paste that they are not at any risk for ingesting toxic amounts.

Toothpastes for cavity protection ages 6 and up.

- Colgate Cavity Protection paste/gel
- Crest Cavity Protection paste/gel
- Tom's of Maine Natural Fluoride

- Aqua-Fresh Fluoride Protection
- Tom's of Main "Wicked Cool"- mild mint flavor
- Plaque HD- for staining areas your child may have missed during brushing

Toothpastes for cavity protection ages 6 and under.

- Colgate For Kids paste/gel
- Crest Kids Sparkle Fun (P&G)
- Tom's of Maine Natural Fluoride for Children (Silly Strawberry, Outrageous Orange Mango)
- Hello Kid's Fluoride Toothpaste (Blue Raspberry, Wild Strawberry)

Toothpastes against Gingivitis (gum inflammation)

- Colgate Total and Crest ProHealth are ADA accepted for plaque/gingivitis reduction beyond regular fluoride toothpaste and are suitable for ages 6 and up.

Alternative toothpastes/low chemical toothpastes ages 6 and up (SLS free and pyrophosphate free for those with frequent canker sores). In general, avoid toothpaste with cinnamon!

- Squigle Enamel Saver Toothpaste -contains xylitol and fluoride
- CloSys Toothpaste
- Prevident Dry Mouth 5000ppm toothpaste (prescription only for 12 and up)

Alternative toothpastes/low chemical toothpastes for ages 6 and under (SLS free and pyrophosphate free for those with frequent canker sores). In general, avoid toothpaste with cinnamon!

- Tanner's Tasty (chocolate, vanilla)
- Tom's of Maine for Kids Strawberry with fluoride
- Hello Kid's Fluoride Toothpaste (Blue Raspberry, Wild Strawberry)

FUN FACTS:

*Theodent Kids (chocolate flavor) is also a low-chemical toothpaste but is fluoride free and IS NOT recommended

Toothpastes for sensitivity (ages 6 and up):

- Toms of Main Rapid Relief (arginine bicarbonate and calcium carbonate)
*Recommended
- Sensodyne (potassium nitrate/sodium fluoride)

FUN FACTS:

*Sensitivity toothpaste should not have hydrogen peroxide in it since it is acidic. Therefore, we don't recommend using toothpastes that are advertised for sensitive AND whitening, such as Sensodyne-Whitening.

*Patients should consult dentist after 4 weeks of twice daily use with no positive effects.

Are there any whitening toothpastes?

Options for Whitening is based on patient preference and tolerance:

- Least effective are whitening toothpastes because they only polish off stained plaque adhered to the tooth enamel.
- Next most effective is OTC White Strips with the most effective being Crest "Advanced"- speak to your dentist about this option for your child.
- At-Home or In-Office Bleaching using custom trays are equally effective- speak to your dentist about this option for your child

FUN FACTS:

***What about charcoal?**

Charcoal products have not been approved by the ADA to be safe for whitening teeth or for stain removal. Due to its abrasive quality, charcoal containing products may be harmful for your child's enamel.

PRESCRIPTION TOHPASTES

If your child is found to be at a high risk for cavities, we may recommend a prescription toothpaste. This toothpaste has a higher concentration of fluoride to help remineralize your child's teeth and in some cases reverse the cavity process.

- Clinpro 5000 (available in-office)- Tri-Calcium Phosphate w/sodium fluoride
- Prevident 5000 (available at your local pharmacy with prescription)- sodium fluoride

If your child has “white-spots” on their teeth or has “weakened enamel”, they may benefit from other prescription toothpastes. These toothpastes contain casein phosphopeptide-amorphous calcium phosphate (CPP-ACP), which is additional Calcium/Phosphate for your child’s enamel. These toothpastes can also help minimize white discoloration in conjunction with other therapies which will be discussed by your provider if applicable for your child. Casein phosphopeptide is a milk protein, and therefore kids that are allergic to casein should not use these products.

- MI Paste (ages 6 and under)
- MI Paste PLUS (ages 6 and over)- contains fluoride in addition to calcium and phosphate.

FUN FACTS:

***Is there a toothpaste specifically designed for cavity control and bad breath?**

CloSys toothpaste with sodium fluoride and chlorine dioxide for breath odor control. This toothpaste should only be used if your dentist recommends this for your child older than 6 years of age.