ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Fluoride for Healthy Teeth

How fluoride protects teeth—and simple steps to prevent cavities.

Why it matters:

- Acids from food and drinks can weaken tooth enamel.
- Fluoride helps repair and strengthen enamel to prevent cavities.

What to do:

- Drink tap water that contains fluoride, if available.
- Brush twice a day with fluoride toothpaste approved by the American Dental Association.
- Use fluoride mouthwash only as recommended by a professional. It is not routinely recommended for children under 6.

What to avoid:

- Skipping fluoride toothpaste when brushing.
- Assuming all water (including bottled) or mouthwash contains fluoride.
- Using extra fluoride products without professional guidance.

Ask a dental professional if...

- You or your child get cavities often.
- You are unsure how much fluoride to use.

Professional fluoride:

Dental or medical professionals may apply fluoride varnish or recommend prescription-strength fluoride products for extra protection.



Fluoride Helps Prevent Cavities!

Fluoride protects teeth at every age. It is safe and effective when used as directed.

More Healthy Teeth from the Start Tips & Tricks:

- They're Not "Just Baby Teeth"
- Lift the Lip: Check for Early Cavities
- Toothpaste Tips