



ORAL HEALTH KANSAS

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Tips and Tricks: Fluoride for Healthy Teeth



Tooth enamel is the hardest substance in the body, but acid attacks from food and beverages create a risk for cavities. Fluoride is a natural mineral that strengthens tooth enamel to fight off acid attacks.

Community sources of fluoride:

- **Drinking water** - check to make sure your drinking water at home has fluoride (fluoridekansas.org/fluoride.html)
- **Toothpaste** - use toothpaste with fluoride approved by the American Dental Association
- **Mouthwash** - choose an over the counter (OTC) mouthwash with fluoride listed on the label

Professional sources of fluoride – prescribed by dental and medical professionals:

- Fluoride varnish
- Fluoride foams, gels and rinses
- Prescription strength fluoride gels and rinses for use at home



Fluoride is important for every age:



	Infants	Toddlers	School age	Adults
Brush morning and night with toothpaste with fluoride	When first tooth comes in	✓	✓	✓
Use this amount of toothpaste	Smear/grain of rice	Half-pea size	Pea-size	Pea-size
Drink tap water with fluoride	✓	✓	✓	✓
Use OTC mouthwash with fluoride, as recommended			✓	✓
Fluoride applied by medical or dental provider	✓	✓	✓	✓