

Use of Fluoride for Caries Prevention: Foundational Articles and Consensus Recommendations, 2020

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IAPD Consensus Recommendations

1. Optimal fluoride levels in water supplies for the prevention and reducing dental caries prevalence is both safe and effective.
2. Dietary fluoride supplements are effective in reducing dental caries and should be considered for children at caries risk who drink fluoride-deficient water.
3. Professionally applied topical fluoride treatments as 5 percent F varnish and 1.23 percent F gel preparations are efficacious in reducing caries in children at caries risk.
4. Brushing child's teeth twice daily with fluoridated toothpaste, containing at least 1,000 ppm fluoride is effective in reducing dental caries in children. Using age appropriate amount of tooth paste on the brush ("smear" for children under age 3; "pea-size" for children 3-6).
5. Prescription strength 0.5 percent fluoride gels and pastes are effective in reducing dental caries in high caries risk children over the age of 6.
6. Use of 38% silver diamine fluoride (5% F) is effective for the arrest of non-cavitated as well as cavitated caries lesions.