Use of Fluoride for Caries Prevention: Foundational Articles and Recommendations


IAPD Recommendations

1. Optimal fluoride levels in water supplies for the prevention of dental caries and reduction of dental caries incidence is both safe and effective. Consensus-based statement > Global agreement 89%

2. Dietary fluoride supplements may be effective in reducing dental caries in permanent teeth for children at increased caries risk who drink fluoride-deficient water. Consensus-based statement > Global agreement 72%

3. Professionally applied topical fluoride treatments as 5 percent NaF (2.26% F) varnish are efficacious in reducing caries in the primary and permanent dentition of children at caries risk. Evidence-based recommendation > Global agreement N/A

4. 1.23% percent fluoride gel preparations are efficacious in reducing caries in the permanent dentition of children at increased caries risk. Consensus-based recommendation > Global agreement 89%

5. Brushing children’s teeth twice daily with fluoridated toothpaste, between 1,000 – 1,500 ppm fluoride is effective in reducing dental caries in children. Using an age appropriate amount of toothpaste on the brush (“smear” for children under age 3; “pea-size” for children 3-6). Consensus-based recommendation > Global agreement 95%

6. Prescription-strength 1.1% NaF (0.5% F) gels and pastes are effective in reducing dental caries in high caries risk children over the age of 6. Consensus-based recommendation > Global agreement 78%

7. Use of 38% silver diamine fluoride (5% F) is effective for the arrest of dentine caries lesions in primary teeth. Evidence-based recommendation > Global agreement N/A