

# Use of Fluoride for Caries Prevention: Foundational Articles and Recommendations

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## 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