

Practical Guidelines for use of Fluorides

Home Care – Toothpastes

Age	Toothbrushing Instructions	Recommended Toothpaste Use	Special Considerations	
		Low Caries Risk*	Mod-High Caries Risk#	
0-17 months	Once or Twice Daily Begin to teach: Spit out Don't swallow Don't rinse	No Toothpaste 	Begin using low fluoride toothpaste (500ppm) when first tooth erupts.	Use a smear of low fluoride toothpaste (500ppm). 
18 months – 6 years	Twice Daily Spit out Don't swallow Don't rinse	Low fluoride toothpaste (500ppm)	Standard fluoride toothpaste (1000-1500ppm).	Use a pea-sized amount of low fluoride toothpaste (500ppm) or a smear of standard toothpaste (1000-1500ppm)  
6 – 12 years	At least Twice Daily Spit out Don't swallow Don't rinse	Standard fluoride toothpaste (1000-1500ppm)	Standard fluoride toothpaste (1000-1500ppm).	Brush more frequently than twice daily.
13 years and over	At least Twice Daily Spit out Don't swallow Don't rinse	Standard fluoride toothpaste (1000-1500ppm)	Standard fluoride toothpaste (1000-1500ppm). Or on professional advice: Use high concentration fluoride toothpaste (5000ppm) twice daily.	Brush more frequently than twice daily.

* Low Caries Risk – Reside in community water fluoridation region. Child: No new cavitated or non-cavitated lesion themselves or parent/carer and siblings; Adult: Without any moderate-high risk factors listed below. Adapted from CAMBRA (https://www.cdafoundation.org/Portals/0/pdfs/cambra_handbook.pdf)

Mod-High Risk Factors – Active caries, Inadequate fluoride exposure; High sugar diet; Poor- fair oral hygiene; Low saliva flow; Individual or Family history of untreated caries; Orthodontic/dental appliances; Other individual factors such as hypomineralised teeth, multiple medications, special health care needs. Adapted from CAMBRA (https://www.cdafoundation.org/Portals/0/pdfs/cambra_handbook.pdf)

^ These products do not have sufficient evidence to support their use (see over)

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Home Care – Other Fluoride Products

Product	Toothbrushing Instructions	Recommended Use	Special Considerations	
		Low Caries Risk*	Mod-High Caries Risk#	
Mouthrinses (200-900ppm F)	Spit out. Don't swallow.	Not Recommended	Not for young children. For children over 6 years to adults.	Should not replace twice daily toothbrushing. Use at a different time of day than twice daily toothbrushing.
Fluoride Supplements – Drops or Tablets	DO NOT USE [^]	DO NOT USE [^]	DO NOT USE [^]	DO NOT USE [^]

Professionally-Applied Fluoride Products

Product	Instructions	Recommended Use	Special Considerations	
		Low Caries Risk*	Mod-High Caries Risk#	
Fluoride Varnish (22,600ppm F)	Apply up to 4 times per year.	Not Recommended	All people at risk of caries.	Do not exceed max dosage: 0.25ml for primary dentition 0.4ml for mixed dentition 0.75ml for permanent dentition
Fluoride Gel (1500-12,300ppm F)	Use where other forms of fluoride are not available or suitable.	Not Recommended	Not for children under 10 years. For children over 10 years to adults.	
Silver Diamine Fluoride (38%)	Apply twice a year.	Not Recommended	May be indicated where traditional approaches to caries management might not be possible.	
Fluoride Foam	DO NOT USE [^]	DO NOT USE [^]	DO NOT USE [^]	DO NOT USE [^]