Shopping for toothpastes



Recommendations

Children = no less than 1000ppm of Fluoride

Over 7s and adults = 1350 -1500ppm of Fluoride

Find the fluoride content printed on the box or the tube

ppm = parts per million

Recognised brands



Colgate often list the

contents in two parts, so
need adding together
(450ppmF)
(1000ppm F)

(1450ppm F)

These toothpastes are great to use for the whole family.

Just remember to adjust the amount you put on the toothbrush.



A smear 0-3 year olds



Pea size 3+ year olds

Supermarket own economy brands



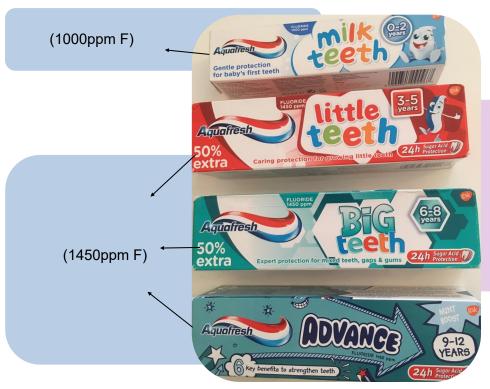
Flavoured toothpastes



It is advised to start babies/ children on a minty toothpaste straight away and to avoid sweet flavoured toothpastes.

If a child is sensitive to strong mint flavours then using a fruit flavoured paste with the correct fluoride content like these will be fine

Ages and stages



These toothpastes are fine to use and the ages and fluoride content are clearly labelled. However, it is not necessary to buy multiple tubes - one family toothpaste like the supermarket and recognised brands will do for all!



(1450ppm F)

From time to time check the fluoride level as they sometimes change

Specialist toothpaste



(1000ppm or 1450ppm)

OraNurse can be bought online or you can ask your local pharmacist.

OraNurse is used widely in special schools and care homes as it does not have a flavour and doesn't foam like regular toothpastes.



Whitening toothpastes

Whitening toothpastes aren't suitable for children as they can be too abrasive on the enamel.



Some top tips...

Spit out after brushing - don't rinse with water or mouthwash

Brush teeth at least twice a day

Try to keep sugar to mealtimes

Oral Health Improvement Team

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