



TIPS AND TRICKS SERIES

Fluoride for Healthy Teeth

How fluoride protects teeth—and simple steps to prevent cavities.

Why it matters:

- Acids from food and drinks can weaken tooth enamel.
- Fluoride helps rebuild and strengthen enamel.
- Dental and medical providers recommend fluoride to help prevent cavities.

What to do:

- Drink tap water that contains fluoride, if available.
- Brush twice a day with fluoride toothpaste approved by the American Dental Association.
- Use fluoride mouthwash if recommended by a dental or medical professional.

What to avoid:

- Skipping fluoride toothpaste when brushing.
- Assuming all water (including bottled) or mouthwash contains fluoride.
- Using extra fluoride products without professional guidance.

Ask a dental professional if...

- You or your child get cavities often.
- You are unsure how much fluoride to use.

Professional fluoride:

Dental or medical professionals may apply fluoride varnish or recommend prescription-strength fluoride products for extra protection.



Quick Facts:

- Fluoride is safe and effective when used as directed.
- It helps prevent cavities at every age.

By Age/Stage:

- Infants: Use fluoride toothpaste when the first tooth appears. Use a smear (grain-of-rice size).
- Toddlers: Brush morning and night with a small, pea-size amount.
- Children & teens: Brush twice daily and drink fluoridated tap water.
- Adults: Continue brushing with fluoride toothpaste and follow dental advice for added fluoride.