

## ANTICARIES AGENTS

### Fluorides to “harden” tooth structure\*:

Of course, OTC toothpaste (1,000 to 1,500 ppm)  
and consider OTC fluoride rinses (230 ppm)

#### *High Caries Rate:*

Rx: Sodium fluoride (5,000 ppm) gel or toothpaste  
and

Fluoride varnish (22,600 ppm) applied every 6 months

\*See ADA topical fluoride guidelines – [http://ebd.ada.org/~media/EBD/Files/JADA\\_updated\\_executive\\_summary\\_Nov\\_2013.ashx](http://ebd.ada.org/~media/EBD/Files/JADA_updated_executive_summary_Nov_2013.ashx)

[http://www.aapd.org/media/Policies\\_Guidelines/P\\_FluorideUse.pdf](http://www.aapd.org/media/Policies_Guidelines/P_FluorideUse.pdf)

### FLUORIDE: PRESCRIPTION SYSTEMIC

Rx **Sodium Fluoride tablets** (tablet size based on table below\*)

Disp 120 tablets

Sig Chew and dissolve 1 tablet in mouth, swish, then swallow, once per day, preferably before bedtime after brushing

**NOTE:** Chewing and swishing the fluoride in mouth is very important. Much of the protective effects are topical.  
\*1 mg of fluoride equals 2.2 mg of sodium fluoride

#### ADA Recommended Supplemental Fluoride Dosage Schedule

|             | Concentration of fluoride ion in drinking water (ppm) |            |      |
|-------------|---|------------|------|
| Age (years) | <0.3  | 0.3 to 0.6 | >0.6 |
| 6 mo to 3 y | 0.25 mg   | 0          | 0    |
| 3 to 6 y    | 0.5 mg  | 0.25 mg    | 0    |
| 6 to 16 y   | 1 mg  | 0.5 mg     | 0    |