

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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Over-the-Counter and Prescription Fluoride Products

Twice-daily brushing with an age-appropriate amount of **OTC** fluoride toothpaste is first-line for cavities prevention. The amount of fluoride in drinking water dictates whether or not oral fluoride supplementation is needed for kids, as well as the dose.

To find your municipal water supply's fluoride level, go to

https://nccd.cdc.gov/doh_mwf/default/default.aspx



Oral fluoride supplementation is recommended if water **fluoride level is ≤ 0.6 ppm** and if the patient is at **high risk** of cavities. Cavity risk factors include poor oral hygiene, dry mouth, orthodontics, dentures, high sugar intake, current cavities, family history of multiple cavities, and root exposure due to receding gums. Consult with your dentist to see if fluoride supplementation is right for you. Below are fluoride products available either OTC or RX.

ORAL FLUORIDE SUPPLEMENTS

(Available as **Rx Only**, can be helpful for those who do not drink fluoridated water)

- | | |
|---|---|
| <ul style="list-style-type: none">- Sodium fluoride drops Rx Only- Sodium fluoride chewable tablets Rx Only- Multivitamins with fluoride Rx Only | <ul style="list-style-type: none">- Liquid drops are recommended for infants- Chewable tablets are recommended for children who can chew – for best effect chew tablets for 1 to 2 minutes |
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TOPICAL FLUORIDE

Need to consider risk factors, if higher risk, **Rx product** would be beneficial

Toothpastes

- Sodium fluoride 1.1% (PreviDent) **Rx Only**

- Generally used twice daily in place of regular toothpaste
- Spit out product and avoid food or drink for 30 minutes. Children 6 to 16 years of age should rinse with water after use.

Gels

- Sodium fluoride 1.1% (PreviDent) **Rx Only**
- Stannous fluoride 0.4% (Gel-Kam) **OTC**

- To be used with a tray or brushed on daily **after** brushing with toothpaste
- Avoid eating or drinking for 30 minutes after use. Children 6 to 16 years of age should rinse after use.

Mouth Rinses

- Sodium fluoride 0.05% (ACT) **OTC**
- Acidulated phosphate fluoride 0.044% (Phos-Flur) **OTC**
- Sodium fluoride 0.2% (PreviDent) **Rx Only**



- **OTC** rinses are to be used once daily
- Phos-Flur for patients with braces. Helps prevent white demineralization spots.
- **Rx** rinses are to be used once weekly
- Rinses should NOT be used for children under age 6 due to risk of swallowing.
- Swish solution for one minute, then spit and avoid food or drink for at least 30 minutes.

<https://pharmacist.therapeuticresearch.com/Content/Segments/PRL/2013/Sep/Comparison-of-Fluoride-Products-6031>
<https://pharmacist.therapeuticresearch.com/Content/Articles/PL/2025/May/Get-to-Know-Rx-and-OTC-Fluoride-Products>

At Pequot Health Care, we are dedicated to maintaining your good health!



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