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## The advent of high fluoride dentifrices

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Fluoride has been an important part of oral hygiene regimen used around the globe for the past seventy years. The benefit of fluoride toothpastes in preventing caries is firmly established. Low fluoride toothpastes are no longer recommended. High concentration fluoride toothpastes are a relatively recent innovation and come in two strengths, a moderately strong 2,800ppm sodium fluoride paste and a high strength 5,000ppm sodium fluoride paste. Saliva and plaque act as important bioreserves of fluoride ion and are crucial in maintaining intra oral fluoride balance. Comparison of fluoride retention following the use of these dentifrices at all clinically relevant time intervals could be suggestive of their use in patients at a high caries risk. Various clinical trials reported significant caries reduction ranging from 18% to 24% with high fluoride dentifrices. This caries preventive action is attributed to the high intra oral fluoride levels upto

12 hours with 2800 ppm dentifrice and upto 24 hours with 5000ppm dentifrice. Hence, high fluoride dentifrices are of significance to people with difficulties in maintaining adequate oral hygiene like individuals with special health care needs, or patients running a high risk of developing caries or those who do not brush twice a day.

### Speaker Biography

Sharon Vincent was graduated from Govt. College of Dentistry, Indore (India) and completed her Masters in Pediatric and Preventive Dentistry at the age of 26 years from Christian Dental College, CMC Ludhiana (India). She has three publications to her credit with ongoing research in fluoride dentifrices. Her areas of expertise are pediatric orthodontics and restorative dentistry, with a keen interest in presurgical cleft lip and palate orthopedics.

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