



# Facts about fluoride

What your dentist wants you  
to know about the benefits  
of fluoride treatment



# Fluoride Facts

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## What is fluoride?

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Fluoride is a naturally occurring mineral present in soil, plants, air, and water and is the only mineral proven to help prevent tooth decay.<sup>1</sup> That's why many communities add a low level of fluoride to their drinking water.

## How does fluoride help teeth?

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Minerals such as calcium and phosphate make up teeth. Anytime you eat or drink something acidic or sugary, these minerals can break down and cavities can form.

Fluoride interrupts the breakdown process and holds onto calcium and phosphate, giving teeth the materials they need to rebuild — all while making them stronger and more decay-resistant.

## Why would my dentist recommend fluoride?

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Everyone is at some risk of tooth decay, and some are at a higher risk than others. The higher your risk level, the more care — and fluoride — your teeth need. People at moderate to high risk can benefit from an in-office fluoride treatment 2–4 times a year.

Your dentist may offer several different types of fluoride treatments, including new options that may provide a smoother and more comfortable experience than traditional gels and varnishes.

<sup>1</sup> Do, L.G. and Spencer, A.J. (2019). Guidelines for use of fluorides in Australia: update 2019. Australian Dental Journal, 65(1), pp.30-38.

<sup>2</sup> Australian Dental Association. (2024). Policy Statement 2.2.1 - Fluoride Use.

<sup>3</sup> Weyant, Robert J., et al. "Topical Fluoride for Caries Prevention." The Journal of the American Dental Association, 2013; 144(11): 1279-1291.

# Is fluoride safe?

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Absolutely! Fluoride has been shown to be safe and effective in preventing tooth decay and has been used globally for over 70 years to strengthen teeth. In Australia, it is endorsed and recommended by The Australian Research Centre for Population Oral Health (ARCPOH)<sup>1</sup> and the Australian Dental Association (ADA)<sup>2</sup>, among others<sup>3</sup>.

# How do I know if I am at risk for tooth decay and cavities?

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Many factors can increase your risk of tooth decay. You may be at a higher risk if you have:

- A high-acid, high-sugar diet
- A history of cavities
- Lost teeth due to cavities
- Orthodontic brackets
- Dry mouth caused by medication or medical conditions
- Inconsistent oral hygiene habits





# If I'm at risk for tooth decay, what can I do?

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First, talk to your dentist or dental hygienist about your risk level. They'll be able to guide you toward the best solution for your mouth. They may recommend:

- An in-office, professionally applied fluoride treatment 2–4 times a year.
- An at-home, prescription-strength fluoride toothpaste. This contains more fluoride than the tubes you find at the supermarket but is used just like regular toothpaste.



By covering your bases at the dentist and at home, you can help your teeth get the protection they need — regardless of your risk level.





# The next generation in fluoride treatment is here

**3M™ Clinpro™ Clear Fluoride Treatment** offers an improved treatment experience:

- Improved taste, smell, and mouthfeel
- Effective fluoride uptake with lower dosage
- Minimum contact time of just 15 minutes, so you can eat or drink shortly after treatment
- Available in watermelon, mint, and flavourless
- Formula that's free of rosins and common allergens



Scan here for the allergen list.



Ask your dentist, oral health therapist or dental hygienist if you would benefit from a product containing fluoride, calcium, and phosphate. As a leading manufacturer of dental products, we provide a variety of preventive dental products, including 3M™ Clinpro™ Tooth Creme 0.21% Sodium Fluoride Anti-cavity Toothpaste, 3M™ Clinpro™ 5000 1.1% Sodium Fluoride Anti-cavity Toothpaste, and 3M™ Clinpro™ Clear Fluoride Treatment.



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