

# Choosing the right toothpaste - Smile Solutions

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Choosing the right toothpaste Let's face it, most people don't put a lot of thought into deciding which toothpaste to buy. Yet it is important to know that the toothpaste you use is the best one for your oral health. Apart from giving you that freshly cleaned feeling, toothpaste plays an essential role in the care of your teeth and gums. Several different kinds are available. Fluoridated toothpaste The majority of toothpastes available at the supermarket contain fluoride. Fluoride is a naturally occurring mineral that helps fight dental decay by strengthening your teeth from within. It does this by being absorbed into weakened areas of your enamel and forming a hard mineral called fluorapatite, which is resistant to acid attack – the main cause of decay. Fluoride is most easily absorbed if it is applied directly to your teeth – as are your twice-yearly fluoride treatments at the dentist. While fluoride in toothpaste occurs at much lower concentrations than in those treatments, it is a crucial element in making sure your teeth are looked after between visits to the dentist. When used correctly, fluoride in toothpaste is a safe and effective agent for both adults and children. However, infants from 18 months to 6 years of age should use children's toothpaste with a lower concentration of fluoride. And all fluoridated toothpaste should be spat out, not swallowed. Toothpastes for sensitive teeth If your teeth are sensitive to cold, your dentist may recommend switching to one of the specially formulated toothpastes for sensitive teeth . The available choices generally contain potassium- or strontium-based salts that act to block off the tiny passageways (dental tubules) between the nerve of your teeth and the outside surface. The process is a gradual one, and you should allow a few weeks to build up a resistance to sensitivity. Switching to a toothpaste for sensitive teeth is often an effective, conservative method of dealing with generalised sensitivity. Whitening toothpastes Whitening toothpastes are perhaps the most marketed dental pastes available. They work mainly via the addition of abrasives into the paste. These act to mechanically remove superficial stains caused by caffeine, smoking, etc. on the outer layer of the teeth. Unfortunately, when used excessively, these abrasives can also wear away weak portions of the tooth itself and expose the inner (yellow) layer of the tooth. We do not recommend toothpastes with harsh abrasives, as they tend to damage teeth in the long run – both in terms of lost tooth structure and, ironically, loss of brightness. To achieve a whiter, brighter smile ditch the DIY whitening toothpastes and consider the more viable teeth whitening options. Here at Smile Solutions we offer both at-home kits and in-chair services. (See Teeth Whitening ) Toothpastes for high-risk patients If you are more prone to dental decay than other people – due to the structure of your teeth, your medical history or

your lifestyle – you may benefit from a high-strength fluoride toothpaste . These products are specialised for high-risk individuals and aim to deliver more protection against cavities than standard alternatives. Likewise, if you are at increased risk of periodontal (gum) disease , a specialised antibacterial toothpaste may be an option. The decision to use either of these products should be made only after a consultation with your dentist and as part of a comprehensive treatment plan targeting your risk profile. Assigned properly, these toothpastes can be useful adjuncts to maintaining your oral health at home. In summary, there are many factors to consider when you next buy toothpaste . We recommend the use of a fluoridated brand – either as is, or in a sensitive formulation. While we do not recommend whitening toothpastes , there are alternative whitening options available. Some high-risk patients may also benefit from high-strength fluoride preparations. Your dentist will be able to guide you through the options if you are still stuck for choice. Articles from Dr Maliha Siddiqui View Blogs General Dr Maliha Siddiqui 14 Jan 2021 Night Time Tooth Grinding/Clenching Read More All Dr Maliha Siddiqui 21 Oct 2018 How long do dental fillings last? Read More All Dr Maliha Siddiqui 30 Mar 2017 Do I have to get a chipped tooth fixed? Read More General Dr Maliha Siddiqui 14 Jan 2021 Night Time Tooth Grinding/Clenching Read More All Dr Maliha Siddiqui 21 Oct 2018 How long do dental fillings last? Read More All Dr Maliha Siddiqui 30 Mar 2017 Do I have to get a chipped tooth fixed? Read More General Dr Maliha Siddiqui 14 Jan 2021 Night Time Tooth Grinding/Clenching Read More All Dr Maliha Siddiqui 21 Oct 2018 How long do dental fillings last? Read More All Dr Maliha Siddiqui 30 Mar 2017 Do I have to get a chipped tooth fixed? Read More View Blog Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today? Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■■ × 0 /1000 Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Close Book Now