

Fluoride Supplementation

Fluoride supplementation reduces dental caries in children at high risk for tooth decay and whose primary drinking water has a low fluoride concentration.

Assess the patient's fluoride intake:



Residential water: Determine the fluoridation level of the patient's drinking water.

- For city water, check the CDC website My Water's Fluoride: https://nccd.cdc.gov/DOH_MWF.
- For private wells, contact the local health department or the Wisconsin State Laboratory of Hygiene to learn about water testing or ordering test kits: www.slh.wisc.edu/environmental/water/public-environmental-and-water-testing-prices/.



School and day care water: Determine how much fluoride is in the school or day care drinking water.



Bottled water: Determine if the patient drinks fluoridated bottled water. Most bottled water contains insignificant amounts of fluoride, but some brands have levels of fluoride that would affect the supplement dosing. If it's not listed on the label, contact the manufacturer to ask about the fluoride content.



Breast milk or infant formula: Determine the fluoridation level of the infant's formula water.

- Breast milk has very low levels of fluoride.
- Concentrated formula (powdered and liquid) contains varying levels of fluoride depending on the water it's mixed with.
- Ready-to-feed formulas contain very low levels of fluoride.

Determine the patient's caries risk level:



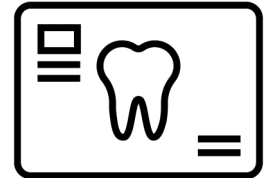
Perform a caries risk assessment to determine a patient's risk of developing caries. Follow the American Academy of Pediatrics' Oral Health Risk Assessment Tool for guidance: www.smilesforlifeoralhealth.org/topic/aap-risk-assessment-tool/.

When do I start or end prescribing fluoride supplements?

- **Start:** Fluoride supplementation starts at about 6 months or as soon as their fluoride intake is determined insufficient.
- **End:** Fluoride supplementation should end by age 16.

Dietary fluoride supplements:

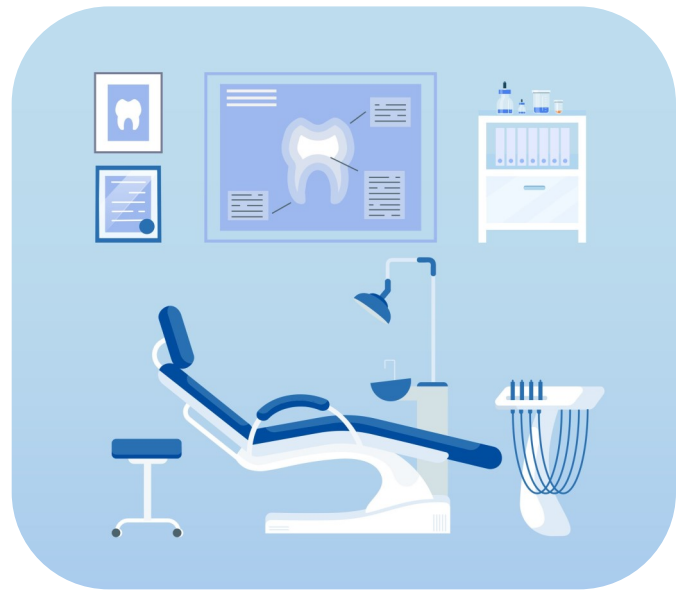
- Fluoride drops
- Fluoride tablets or lozenges



Fluoride supplement prescriptions should be reviewed and adjusted accordingly.

Fluoride supplement dosing may change:

- If an infant in a fluoridated area consumes anything in addition to breast milk.
- If an infant in a fluoridated area consumes anything in addition to "ready-to-feed" formula.
- When a child reaches age three and again when they reach age six.
- If there is a change in the source of the child's drinking water.



For more information on fluoride, please visit the Wisconsin Oral Health Program's website: www.dhs.wisconsin.gov/oral-health/community-water-fluoridation-fluoride.htm.

