

## Toothpaste Recommendations 2021

**John R. Droter, DDS**

**Advice in General:** If toothpaste label says “whitening”, it is probably very abrasive and should be avoided. Abrasiveness can damage teeth at the gum line. All toothpastes below have low abrasiveness. Fluoride is very, very effective at preventing decay. All below have fluoride except Spry fluoride free and LivFresh. SLS is Sodium Lauryl Sulfate, a surfactant foaming agent that may be problematic long term.



**LivFresh** (estimated cost \$20)  
Uses Stevia and no saccharine, no fluoride, no SLS.  
No abrasiveness. Will not dull porcelain.  
Removes biofilm via chelation of ions.



**Spry with Xylitol, Aloe, Fluoride** (estimate cost \$6 for 4 oz)  
Uses Xylitol and no saccharine, has fluoride, no SLS  
Low abrasiveness.  
Disadvantage- Slightly dulls porcelain



**Listerine Healthy White VIBRANT or Smart Rinse** (estimate cost \$5 for 17 oz)  
No Abrasiveness, will not damage root surfaces or dull porcelain when used instead of tooth paste, has fluoride, no SLS, no saccharine (SmartRinse only), very low cost, is a great rinse after brushing with a toothpaste also. Disadvantage- will not remove any staining.



**Colgate Sensitive Complete Protection** (estimate cost \$4 for 6 oz)  
Has potassium nitrate to desensitize roots,  
Low abrasiveness (63 RDA).  
Disadvantage- Slightly dulls porcelain, Has SLS and saccharine



**NeutraMaxx 5000 TCP Plus Turbo** (estimate cost \$25 for 4 oz)  
5000ppm Fluoride, potassium nitrate to desensitize roots,  
Tri calcium Phosphate, no SLS, no saccharine  
Disadvantage- Slightly dulls porcelain, Rx Only, Cost



**Biotene with Fluoride**  
Low abrasiveness (78 RDA), No SLS  
Disadvantage- Slightly dulls porcelain, has saccharine.



**Colgate Original** (estimate cost \$3 for 6 oz)  
Low abrasiveness (68 RDA), very low cost.  
Disadvantage- Slightly dulls porcelain, Has SLS and saccharine.



**Spry Fluoride Free** (estimate cost \$6 for 4 oz)  
Uses Xylitol and no saccharine, no SLS  
Low abrasiveness.  
Disadvantage- Slightly dulls porcelain, increased risk of caries, decay.

**Recommendations:** Spry with Fluoride is best overall option. For those with cold sensitive teeth use Colgate Sensitive Complete Protection for 1 tube then switch to Spry with Xylitol, Aloe, Fluoride AND rinse with Listerine Smart Rinse. To prevent root damage brush with Listerine Smart Rinse. Limit toothpaste use to several times a week,  
Pronamel is best toothpaste choice to minimize root abrasion.  
High caries rate, dry mouth, or very sensitive teeth, get prescription for NeutraMaxx 5000.

# Toothbrushing Tools Recommendations 2021

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General Advise: Use a soft bristle brush. Even though the bristle will not damage teeth (it is the abrasiveness of the toothpaste that does the damage to root surfaces), medium or hard bristles will damage gum tissue, which will expose the root which can then be damaged by the toothpaste.

Use a massaging circular motion for a manual toothbrush not a scrubbing motion.

“Massage the gums” instead of brushing the teeth.



Oral B Prohealth Advanced Soft (estimate cost \$7 for two pack)  
(Not the All in One model)  
Must be soft. Do not get medium



CocoFloss  
(estimate cost \$8)



drTungs Smart Floss  
(estimate cost \$3.75)



Listerine UltraClean  
Access Flosser  
(estimate cost \$11)



G.U.M. Soft Picks  
(estimate cost \$13 for 210)

BreathRx Tongue Scraper  
(estimate cost \$8 for two)



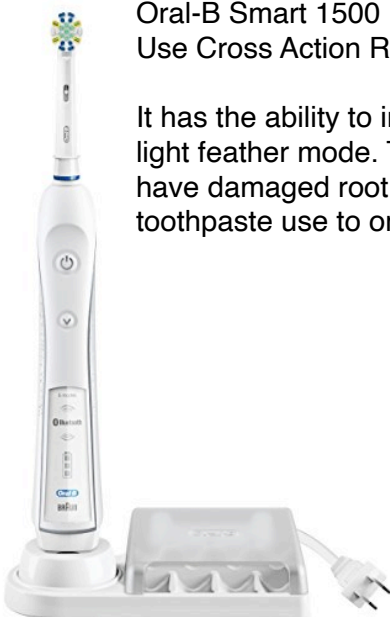
Hydrofloss Oral Irrigator  
(estimate cost \$100)

Charges the water (ions) so tooth surfaces become less able to retain bacteria, stain and calcium deposits.



Oral-B Smart 1500 Rechargeable Electric Toothbrush (cost estimate \$70)  
Use Cross Action Replacement heads

It has the ability to indicate when you are using too much pressure and has a slower light feather mode. The slow mode cleans better around brackets and wires. If you have damaged root surfaces use this brush along with Listerine Smart Rinse and limit toothpaste use to only several times a week. Pronamel is best toothpaste choice.



Oral-B Pro 1000  
Smaller and less expensive. Same action as Smart 1500 regular mode, but does not have the feather slower mode.(Cost estimate \$45)

