Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Fluoride

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

Clinpro 5000; Denta 5000 Plus; Denta 5000 Plus Sensitive; DentaGel; Easygel; Easygel [OTC]; Fluoridex; Fluoridex Daily Renewal; Fluoridex Enhanced Whitening; Fluoridex Sensitivity Relief; FluoriMax 5000; FluoriMax 5000 Sensitive; Fluoritab [DSC]; Fraiche 5000 Dental [DSC]; Fraiche Rinse [OTC] [DSC]; Gel-Kam [OTC]; Just for Kids [OTC]; Just Right 5000; NaFrinse Daily Acidulated [DSC]; NaFrinse Daily/Neutral [DSC]; NaFrinse Drops [DSC]; NaFrinse Weekly [DSC]; NaFrinse [DSC]; Omni Gel [OTC]; Parodontax [OTC]; PerioMed [OTC]; PreviDent; PreviDent 5000 Booster Plus; PreviDent 5000 Dry Mouth; PreviDent 5000 Kids; PreviDent 5000 Ortho Defense; PreviDent 5000 Plus; Sensodyne Complete Protection [OTC]; Sensodyne Pronamel Kids [OTC]; Sensodyne Rapid Relief [OTC]; Sensodyne Repair & Protect [OTC]; Sensodyne Sensitivity & Gum [OTC]; Sensodyne Sensitivity Gum-Enam [OTC]; SF; SF 5000 Plus; Sodium Fluoride 5000 Enamel; Sodium Fluoride 5000 Plus; Sodium Fluoride 5000 PPM; Sodium Fluoride 5000 Sensitive

Brand Names: Canada

Butler Prophy Paste

What is this drug used for?

All products:

- This supplement is used to prevent cavities.

Sodium fluoride and potassium nitrate:

- It is used to help sensitive teeth.

What do I need to tell my doctor BEFORE I take this drug?

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you have any of these health problems: Bone problems, joint problems, kidney problems, or ulcers.
- If the fluoride in your drinking water is greater than or equal to 0.6 parts per million.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Tell your dentist if your teeth become stained or spotted.
- Take good care of your teeth. See a dentist often.
- This drug may cause harm if a large amount is swallowed. If a large amount of this drug is swallowed, call a doctor or poison control center right away.

- Different brands of this drug may be for use in different ages of children. Talk with the doctor before giving this drug to a child.
- Tell your doctor if you are pregnant, plan on getting pregnant, or are breast-feeding. You will need to talk about the benefits and risks to you and the baby.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Severe upset stomach or throwing up.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if you have any side effects that bother you or do not go away.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

Chewable tablets, liquid (drops), or tablets:

- Take with or without food. Take with food if it causes an upset stomach.
- Use this drug before bedtime, after you brush your teeth, unless your doctor tells you otherwise.
- Some products are used every day while others are used 1 time a week. Follow what you have been told by your doctor.
- Do not take antacids that have magnesium or aluminum at the same time as this drug. Talk with your doctor or pharmacist.
- Do not take this drug within 2 hours of dairy products or other products with calcium in them.

Liquid (drops):

- Measure liquid doses carefully. Use the measuring device that comes with this drug.
- Some brands of the drops need to be mixed with water or fruit juice. Check to see how your brand is to be taken.

Chewable tablets:

- Chew well before swallowing.
- Some brands may also be dissolved in your mouth. Check with your doctor or pharmacist.

Oral cream and paste:

- Use in place of your regular toothpaste, unless your doctor says otherwise.
- Brush as you have been told and then spit out.
- Do not swallow this drug.

- Do not eat, drink, or rinse for at least 30 minutes after using this drug.

Sodium fluoride and potassium nitrate:

- Rinse well and spit out rinse water.

Gel:

- Use in place of your regular toothpaste, unless your doctor says otherwise.
- Apply a pea-sized amount of the gel and brush well. Let the drug stay on your teeth for 1 minute before spitting out.
- Do not swallow this drug.
- Do not eat, drink, or rinse for at least 30 minutes after using this drug.

Oral rinse:

- Swish it in your mouth as long as you were told and then spit out.
- Do not swallow this drug.
- Do not eat, drink, or rinse for at least 30 minutes after using this drug.
- Some products need to be mixed before using. If the product needs to be mixed, do not mix until you are ready to use it. Use right away after mixing.

What do I do if I miss a dose?

- Use a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not use 2 doses at the same time or extra doses.

How do I store and/or throw out this drug?

All products:

- Store at room temperature.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and

pets.

- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

Liquid (drops):

- Protect from light.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique

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Last Reviewed Date

2026-05-27

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Fluoride - Last updated on December 12, 2022
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