

**Table 2 Evidence-based international recommendations on preventive oral care products**

Oral care product	Evidence-based international recommendations
Manual toothbrush	Should have a small head (19 mm) and medium texture. Instructions for tooth brushing should include: starting brushing as soon as teeth erupt in the mouth (13); brushing teeth and gum line twice daily with a fluoridated toothpaste (13,19); brushing last thing at night and on one other occasion (19,20); avoiding brushing immediately after eating or drinking acidic food or drinks (27); and parents' role in tooth brushing for children aged up to 7 years.
Powered toothbrush	Should have an oscillating, rotating action.
Fluoride toothpaste	Toothpastes containing NaF are more effective in caries prevention than others containing sodium monofluorophosphate (13). Fluoride concentration should be no less than 1000 ppm for children aged up to 3 years (22) and 1350-1500 ppm for children aged 3 years and adults (22). Instructions for use should include: use of a smear of fluoride toothpaste for children aged up to 3 years (23) and a pea-sized amount for children aged 3 years (23); spitting out toothpaste without rinsing the mouth with water to maintain fluoride concentration (24); and not eating or licking fluoride toothpaste by children to avoid fluorosis (23,25).
High-concentration fluoride toothpaste	Should be dispensed by prescription and have a concentration of 2800 ppm for those aged 10 years and 5000 ppm for those aged 16 years (22).
Fluoride mouth rinse	Daily fluoride mouth rinses should be used in children aged no less than 8 years and the fluoride concentration should be 0.05% (26). Instructions for use should include application at different times to tooth brushing, to increase the time during which teeth are exposed to fluoride (22,26).
Antibacterial mouth rinse	Chlorhexidine is the most effective antibacterial agent and usually comes in concentrations of 0.2% or 0.12% (27).
Fluoride varnish and gel	The ideal fluoride concentration in varnish should be 2.2% (16). Fluoride varnish is more effective in dental caries control than fluoride gel (16).