

DENTAL IMPLANT TOOTHPASTE SAFETY CHECKLIST

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Dental Implants Dallas TX

Your Trusted Dallas Implant Specialists Since 2010

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✨ **WALLET-SIZED CHECKLIST** - Print on cardstock and keep in your wallet for shopping trips!

🚫 INGREDIENTS TO AVOID

STRICTLY AVOID THESE INGREDIENTS:




- **High RDA Values:** Over 70 (Whitening/Tartar Control toothpastes)
- **Stannous Fluoride (SnF₂):** Can corrode titanium implants over time
- **Sodium Lauryl Sulfate (SLS):** Causes gum irritation and dryness around implants
- **Charcoal:** Highly abrasive - scratches implant surfaces and creates bacteria traps
- **Harsh Peroxides:** Won't whiten implants and irritates gum tissue
- **Baking Soda (in high concentrations):** Too abrasive for daily implant use

⚠ **WARNING:** Using the wrong toothpaste can lead to peri-implantitis, surface scratches, and potentially implant failure. When in doubt, check this checklist!

✅ INGREDIENTS TO APPROVE

SAFE & BENEFICIAL INGREDIENTS:

- **Low RDA Values:** Under 70 (ideally 30-60)
- **Sodium Fluoride (NaF):** Protects natural teeth without harming titanium
- **SLS-Free Formulas:** Gentle on gum tissue around implants

-  **Xylitol:** Natural antibacterial that reduces plaque buildup
-  **Soothing Ingredients:** Aloe vera, chamomile, green tea extract
-  **Moisturizing Agents:** Glycerin, enzymes (great for Texas dry climate)

★ DALLAS DENTIST-APPROVED TOOTHPASTES

- 🥇 **#1 CHOICE:** Curaprox Enzycal 950 (RDA ~40, SLS-free, enzyme-based)
- 🥈 **BEST FOR DRY MOUTH:** Biotene Dry Mouth Toothpaste (SLS-free, moisturizing)
- 🥉 **MOST ACCESSIBLE:** Sensodyne Pronamel Gentle Whitening (Low abrasivity, sodium fluoride)
- 💎 **ZIRCONIA IMPLANTS:** CloSYS Fluoride Toothpaste (RDA 38, extremely gentle)
- 🌿 **NATURAL OPTION:** PerioBrite Natural Toothpaste (Herbal, fluoride-free option)

🏠 DALLAS-SPECIFIC TIPS:

- Dallas tap water is moderately hard - avoid calcium carbonate-based toothpastes
- Our humid climate increases bacterial growth - choose antibacterial formulas
- Available at Dallas Whole Foods (Highland Park & Preston Center), Sprouts, and our office
- Ask for our professional samples during your next Dallas implant check-up!

🔍 QUICK SHOPPING CHECKLIST

❌ BEFORE BUYING, CHECK FOR:

- RDA value over 70
- "Stannous Fluoride" on label
- "Sodium Lauryl Sulfate (SLS)"
- "Charcoal" or "Baking Soda" as main ingredient
- "Whitening" claims with harsh abrasives
- Strong mint/alcohol burn sensation

✓ SAFE TO BUY IF:

- Labeled "Sensitive Teeth" or "Gum Care"
- "SLS-Free" clearly marked
- "Sodium Fluoride" (not stannous)
- RDA value 30-60 (or not listed - assume low)
- Recommended by Dallas dentists
- Gentle, non-burning formula

**This checklist is for informational purposes only. Always consult with your Dallas implant dentist before making changes to your oral care routine. Individual needs may vary based on implant type, gum health, and personal medical history.*

Your smile is our passion. Visit us for a complimentary implant check-up!

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