

Exploring Common Dental Facts and Myths



At Pediatric dentistry, we believe in taking an evidence-based approach first. We also believe in consulting multiple studies and sources and not taking any information at face value.

Dental Myths Debunked

1. The Illusion of Foam

Toothpaste with foam may appear or even feel more effective. However, excessive foam can make it difficult to see the cleaning procedure. This deceptive impression is frequently caused by ingredients like DEA (diethanolamine) and SLS (Sodium Lauryl Sulfate). Additionally, certain compounds can have harmful health impacts. For example, SLS has been shown to have drying effects when taken orally, which may impact the oral microbiota even if it can be beneficial.

2. Intense Flavors and Sensations

Mouthwashes and toothpastes that offer a tingling sensation or a strong mint flavour may be deceptive. These feelings, which are frequently caused by substances like peppermint oil, may not be a reliable indicator of efficacy and may even be harmful, especially to young patients.

For this reason, it's critical to purchase dental care items according to age and stage. Even while you might be able to get by with a toothpaste that tastes better,

3. Effective Ingredient Levels

Although xylitol and nano-hydroxyapatite are helpful components found in many oral care products, their concentrations are sometimes too low to provide noticeable benefits. Customers who are attempting to make educated and healthful judgments may be misled by this.

4. Risks of Essential Oils

Because of their pleasant fragrances and certain health advantages—including, in certain cases, antibacterial or antiseptic qualities—essential oils are frequently utilized in dental treatment. However, you might want to stay away from some of these essential oils because of their very qualities that make them useful.

For example, you might want to stay away from products that alter the delicate balance of the oral microbiota unless you're using an antiseptic rinse, or a treatment derived from essential oils to prevent mouth infections following surgery.

5. Misleading 'Natural' Claims

The label 'natural' does not always mean safe or effective, as this term is not well regulated. Products marketed as 'natural' may still contain synthetic ingredients or perhaps even worse, lack crucial elements essential to proper oral care.

6. Vagueness of ‘Non-Fluoride’ Labels

Labels like ‘non-fluoride’ are often too ambiguous, lacking detailed comparisons with effective alternatives such as hydroxyapatite, which can mislead consumers — especially parents seeking safe and effective fluoride-free options for their little ones who may not be capable of practicing safe swallowing techniques yet.

Your Saraswati team is here to help!

We are proud to be well-known paediatric dental experts in Saraswati Dental college and Hospital. We are here to help you and your child adjust to their new world of dentist visits in any way that we can. If you think it would be helpful to introduce your child to our team before their appointment, please let us know and we are happy to make that happen. You and your child are in great hands with our trusted team. Please don’t hesitate to reach out to us with any questions, and if you’re ready to schedule your child’s visit, [let’s get started!](#)