Clinical Evaluation of Stannous Fluoride as an Anticaries Mouthrinse

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A clinical trial was designed to evaluate the anticaries benefit of a simple stannous fluoride mouthrinse. The rinse was used by schoolchildren in a program of mouthrinsing once each school day during two school years. The water in the area was fluoridated.

A stannous fluoride mouthrinse containing 250 parts per million (ppm) fluoride (approximately 0.1% stannous fluoride), and a control rinse were prepared each day before distribution to the classrooms. Classroom teachers supervised the rinsing procedure that consisted of three successive rinses of 10, 30, and 30 seconds each.

Two experienced clinical investigators examined all participating children initially and at the end of the first and second school years. The results from each examiner showed significant reductions in dental caries for the test group at all intervals. In the final results two examiners independently observed caries reductions of 33% and 43% in DMFS scores for the group using the stannous fluoride mouthrinse.

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