



Speech and Language Therapy

Low Foaming (Sodium Lauryl Sulphate-Free) Toothpastes

Some toothpastes contain Sodium Lauryl Sulphate (SLS) which helps make the toothpaste foam during brushing. SLS can also cause dryness and irritation to the lining of the mouth. There are low-foaming toothpastes available (SLS free) that are safer and more comfortable to use for patients with conditions such as dysphagia (difficulties with eating and drinking), dry mouth or individuals who are nil by mouth or unable to follow direction due to cognitive issues. A smear of non-foaming SLS free toothpaste should be used and the paste should be pressed into the bristles of the brush. You do not need to wet the bristles. Below are some examples of non-foaming toothpastes. This list is not exhaustive.

Note: It is recommended that adults should brush at least twice daily with a toothpaste containing 1,350-1,500ppm (parts per million) fluoride, and spit out toothpaste residue but NOT rinse after brushing as this washes away the concentrated fluoride in the remaining toothpaste. This dilutes it and reduces its preventative effects.

AnOxident Balance - Toothpaste for diabetics

Biotene toothpaste (gentle mint, fresh mint)

BioXtra dry mouth mild toothpaste

Corsodyl:

- Gentle Whitening
- Whitening
- Original
- Fresh Mint
- Extra Fresh
- Ultra Clean

Lidl Dentalux toothpastes

OraNurse unflavoured toothpaste

Oralieve ultra mild toothpaste

Sensodyne:

- True White Mint/Extra fresh
- Extra Fresh gel
- Daily Care Original/Extra Fresh/Gentle Whitening
- Repair and Protect/Whitening/Extra Fresh
- Complete Protection/Extra Fresh
- Pronamel Gentle Whitening/Daily Protection/Strong & Bright Enamel/Multi-Action/Extra Freshness

UltraDEX low abrasion toothpaste

(Details correct as at 17/1/2020)

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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Williams Avenue, Dorchester, Dorset DT1 2JY
www.dchft.nhs.uk