



Factsheet

Alternative therapies

Oil pulling

What is it?

A tablespoon of coconut oil or sesame oil is swished around the mouth for up to 20 minutes. It is then spat out.

Does it work?

There is currently no reliable scientific studies to show that oil pulling reduces tooth decay development, whitens teeth, or improves the health of the mouth or body.

Fluoride-free toothpaste

What is it?

Some toothpastes do not include the ingredient fluoride.

Does it work?

These toothpaste will clean the teeth but using a fluoride-free toothpaste may increase your risk of developing tooth decay.

Some toothpastes have replaced fluoride with an ingredient called hydroxyapatite. More research is needed to know how well these toothpastes protect teeth compared to toothpastes with fluoride.

Natural methods to whiten teeth

What is it?

Online suggestions to whiten teeth include mixing strawberries with baking soda, brushing with activated charcoal powder, rubbing a banana peel on the teeth, or rinsing the mouth with apple cider vinegar.

Does it work?

These methods are unlikely to make teeth whiter. Frequently following these methods may damage your teeth. The best way to whiten teeth is using dental products that include hydrogen peroxide as an ingredient.

Essential oils

What is it?

Clove oil, tea tree oil and peppermint oil are suggested as natural home remedies to treat tooth pain.

Does it work?

Clove oil includes the ingredient eugenol. Eugenol is used in some dental products. It may reduce tooth pain for a short amount of time. It is best to seek treatment from a dentist. Rubbing essential oils on to the gums may cause irritation. It can cause burning, swelling and redness.

