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## Abstract

### DO YOUR FILLINGS REALLY RELEASE FLUORIDE?

Fluoride-containing restorative materials. FM Burke, NJ Ray and RJ McConnell. *International Dental Journal* 2006; **56**: 33–43.

The authors open this paper by observing that dental practitioners are exposed to an increasing number of dental materials which claim the benefit of fluoride release. The implication of this attribute is that caries will be reduced and the longevity of these restorations increased. The authors then present a review of the literature relating to

fluoride release from glass ionomer cements, resin-modified glass ionomer cements, fluoridated cements, fluoridated dental amalgam and certain fissure sealants. The vast majority of the research reported has been carried out *in vitro*, not *in vivo*, with virtually none whatsoever having been carried out in general dental practice.

Sadly, the paper concludes that, whilst indeed fluoride is released from several materials *in vitro*, there is considerable variability in both amount and release time, which falls off rapidly. Although

restoration longevity, reduced incidence of marginal failure and antibacterial action of fluoride in plaque and saliva have been demonstrated in the laboratory, this has not been shown to translate to clinical practice in either caries reduction or restoration longevity. The authors call for controlled randomized clinical trials based on sound scientific principles, extended over many years, and preferably carried out in general dental practice.

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