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Microbeads in Toothpaste: What You Need to Know from Dr. Cohlmia in El Reno, OK



Microbeads are tiny, round particles of polyethylene, a plastic commonly used in cosmetics, body wash, shampoos, and facial cleansers. **Microbeads** have also been added to many types of toothpaste for aesthetic reasons. They come in a variety of colors and offer a sparkling effect that many consumers find enjoyable. Recently, however, **microbeads** have come under considerable scrutiny in the news as

patients and dentists debate their safety. At [El Reno Family Dentistry](#) in [El Reno, OK](#), [Dr. Adam Cohlmia](#) and his team are always here to answer your pressing questions about oral health and [hygiene](#). Today, we'd like to address the topic of **microbeads** in toothpaste.

Are Microbeads in Toothpaste Harmful?

First, it is important to note that **microbeads** provide no oral health benefit whatsoever, so patients who choose a toothpaste without **microbeads** aren't missing out on anything useful. In fact, steering clear of these little plastic bits may actually help you avoid periodontal problems. Various dentists from across America have reported finding the tiny beads embedded in their patients' gums. Any foreign object trapped beneath the gum line has the potential to cause irritation, and patients who do not see the dentist regularly may not even realize their risk until inflammation develops.

In addition to the potential risk to your smile, **microbeads** are not biodegradable and have been found in sources of fresh water in various areas of the country. Though further research must be conducted, it is relatively safe to say that **microbeads** in our water supply would be something to avoid.

Our doctor recommends that patients who are concerned about **microbeads** find an alternative that doesn't include the plastic spheres. Any regular white toothpaste approved by the American Dental Association (ADA) should provide the oral health benefits you need without the worry of unnecessary additives.

Schedule Your Consultation Today

Do you have questions or concerns about your oral health or your home hygiene routine? **Dr. Cohlmia** and his team are here to help. [Contact us today](#) to learn more about the way your oral healthcare products affect your smile, and schedule your visit to our **El Reno, OK** dental office. Our state-of-the-art practice warmly welcomes families from throughout nearby communities in **Calumet, Hinton, Minco**, and surrounding areas in **Canadian County**. We look forward to serving you!