

## Fluoride Treatment Pentiction

One of the most potent aids utilized in oral health to help hinder tooth decay is fluoride. It is a mineral compound that is present in some foods, fluids, and even in some residential water systems. Fluoride continues to be supported by a lot of health and professional organizations for well over 50 years.

Topical fluorides - reinforce the teeth after they have risen from the surface by flowing onto the outer surface enamel, providing added resistance to tooth caries. You can obtain topical fluorides in various forms including oral gels, toothpastes, and oral rinses. Another way to receive topical fluorides are from the application of fluoride treatments made available by your oral health care professionals. Fluoride remedies are generally recommended to be accomplished twice during a year.

Systemic Fluorides - strengthen the teeth that are still in development under the gum tissues and the teeth that have by now already erupted. Almost 50 percent of Canadian cities have water systems providing systemic fluorides to Canadians. Now the majority of food and liquids like teas contain some fluorides. One thing to consider though, too much fluoride might lead to a medical condition referred to as dental fluorosis.

Sometimes there is not sufficient fluoride in the body to prevent tooth decay and you could require additional fluoride therapies. Your dentist might recommend specialized take home fluoride remedies to help assist your tooth corrosion efforts. Here are some of the factors why you may need to supplement the fluoride in your individual maintenance applications: you possess cavernous pits and fractures on the exteriors of your teeth, your roots are exposed and sensitive, you have poor oral hygienic habits, your consumption of sugars happens too frequently, you have an insufficient exposure to fluorides, or you are not capable to generate sufficient saliva due to pre-existing medical ailments, medicines, or medicinal treatments.

Fluoride alone is not able to prevent dental caries, so it is critically important to maintain a healthy program of daily flossing and brushing!