



Pagosa Smiles

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Fluoride: Patient Information

What It Is & What It Does:

Fluoride reduces cavities in both children and adults. It also can help repair the early stages of tooth decay even before the decay becomes visible.

Benefits:

- Fluoride application makes the tooth more resistant to acid attack, by incorporating into the tooth surface and forming fluorhydroxyapatite, which is stronger than hydroxyapatite, the natural mineral component of teeth.
- This leads to fewer cavities.
- Fluoride combats the formation of tooth decay primarily in three ways:
 - 1) Fluoride promotes the remineralization of teeth.
 - 2) Fluoride will absorb into the surface of a tooth where demineralization has not occurred (resulting in formation of stronger tooth mineral).
 - 3) Fluoride inhibits oral bacteria's ability to create acids

Adverse Effects:

The most widely accepted adverse effect of high concentration fluoridation is fluorosis. It is a condition caused by 'excessive' intake of fluorine compounds over an extended period as a child. It appears as mild to severe white and/or brown spots on the teeth.

Most fluorosis is caused by 7 to 20 parts per million excess fluoride which naturally exists in the water of certain geographic areas such as the panhandle of Texas. Normal added fluoridation in municipal water supplies is approximately one part per million and this concentration does not cause fluorosis.

NOTHING in dental science has been as thoroughly and reportedly researched as the safety and effectiveness of optimal fluoride treatment!