

What Does Fluoride Actually Do?

Fluoride is a naturally occurring mineral that functions to build and maintain the health of our bones and teeth.

FLUORIDE MAKES TEETH STRONGER

Demineralization is the process teeth undergo when attacked by cavity-causing bacteria or strong acids. Consistent demineralization will destroy tooth enamel. Fluoride can reverse this process through **remineralization**. It adds minerals back into enamel, making our teeth stronger and more resistant to future acid attacks.

HOW CAN FLUORIDE BE ABSORBED BY OUR TEETH?



We ingest minerals via food, water, or oral supplements. When fluoride is consumed **systemically**, it becomes a part of the tooth development process.

We also benefit from **topical** fluoride, applied to the teeth via toothpaste, gel, mouthwash, or professional applications by the dentist.



Patients who need an extra boost of fluoride's benefits may be recommended a varnish treatment by their dentist. When applied by your dental professional, an application of fluoride varnish can take **less than one minute!**

FLUORIDE PREVENTS CAVITIES

Professional fluoride treatments offer a high concentration of this beneficial mineral in a single dose that gives **immediate** and **long-lasting** results to patients of any age. Studies have shown that fluoride is essential for fighting cavities.

FACTORS THAT INCREASE CAVITY RISK:



PAST DENTAL
TREATMENT



DRY MOUTH



SUGARY OR
ACIDIC FOODS
OR BEVERAGES



POOR ORAL
CARE AT HOME

YOUR NEXT STEPS

When you consider that the cost is only a fraction of what you would pay for a dental filling to repair a cavity, it's the most cost-effective and conservative way to maintain your natural smile!

Speak to us today about protecting your teeth with a fluoride varnish treatment!

WANT TO KNOW MORE? GET IN TOUCH!

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