

PREVENT TOOTH DECAY WITH FLUORIDE TREATMENT

Fluoride is a mineral that is naturally occurring in many foods and water. Every day, a tooth goes through two processes: demineralization and remineralization. Demineralization happens when minerals are lost from a tooth's enamel layer when acids attack the enamel. Remineralization is when minerals like fluoride, calcium and phosphate are redeposited to the enamel layer from the foods and water consumed. When there is too much demineralization without enough remineralization to repair the enamel layer, tooth decay sets in.

There are a number of ways to prevent tooth decay with fluoride treatments including mouthwash, dental visits or toothpaste.



Provider Notes

Office

208-735-1415

Dr. Funk's Cell

208-539-8563

Hours

Mon-Thur: 8:30am - 5pm

Friday: 8am - 12pm

Address

1415 N. Fillmore, Suite 701
Twin Falls, ID 83301

MintDentalTwinFalls.com



Fluoride Treatment

Fluoride treatment protects the enamel of the teeth.



MintDentalTwinFalls.com

WHAT IS FLUORIDE?

Fluoride is a naturally occurring mineral found in water, soil, plants, rocks and air. Fluoride is used in dentistry to strengthen enamel (the outer layer of your teeth) and prevent cavities from developing.

WHAT ARE THE BENEFITS OF FLUORIDE?

Fluoride can be beneficial to teeth in many ways. Some of these benefits include:

- Rebuild weakened tooth enamel
- Prevent growth of harmful oral bacteria
- Reverse early signs of tooth decay
- Slow down the loss of minerals from tooth enamel

ARE THERE ANY RISKS ASSOCIATED WITH FLUORIDE?

Fluoride is safe and effective when used as directed, but can be hazardous at high doses. However, it is very difficult to reach those hazardous levels given the low levels of fluoride in the products that you can purchase. If you do have a concern or question about the amount of fluoride you or your child may be receiving, reach out to your dentist.



WHO'S A GOOD CANDIDATE FOR FLUORIDE TREATMENT?

Many people can benefit from fluoride treatments, and most people receive a small amount of fluoride without even knowing it through their drinking water. People who would benefit from fluoride treatments include:

- Patients with a history of tooth decay, cavities or root canals
- Patients with a dry mouth condition
- Patients who have periodontitis, or gum disease
- Patients who have had dental crowns and/or bridges
- Patients who have had braces
- Infants and children between the ages of 6 months and 16 years

TYPES OF FLUORIDE TREATMENT

Fluoride can be applied to the teeth in a few different ways. Your dentist may provide fluoride in the form of a highly concentrated rinse, foam, gel or varnish depending on your situation. This treatment can be applied with a swab, brush, tray or mouthwash.

You can also buy fluoride-infused toothpaste if you are in need of more fluoride to protect the enamel of your teeth. All of these forms of fluoride treatment only take minutes to apply so you won't have to spend too much of your day in the dental chair.



HOW ELSE CAN I PROTECT MY TEETH FROM DECAY?

Fluoride treatment protects the enamel of your teeth, but you still need to care for your teeth on a daily basis to prevent decay. Visiting the dentist every 6 months for regular exams and cleanings are a key to preventative dental care and a healthy smile.

You can also consider dental sealants to protect the chewing surfaces of your teeth to prevent decay. To protect your teeth as best as possible, brush twice a day, use floss or another between-the-teeth cleaner once a day and visit your dentist on a regular basis.

