

## Fluoride Treatment Coquitlam

One of the best tools to inhibit tooth decay is fluoride. This mineral compound is present in many things like drinking water and foods and continues to be utilized by professional health organizations for more than 50 years.

Topical fluorides - could be used to bolster the surface enamel of teeth, giving additional resistance to dental decay. You can obtain topical fluorides in many forms including dental gels, toothpastes, and mouth rinses. An alternate method to get topical fluorides is through fluoride treatments which are obtainable at your dentist's facility. Treatments with fluoride are recommended to be done no less than two times per year.

Systemic Fluoride - strengthen the teeth that are still in development underneath the periodontal tissues and the teeth that have already erupted. Almost 50 percent of Canadian cities have water treatments delivering systemic fluorides to Canadians. Now the majority of food and liquids like teas contain some fluorides. One thing to consider though, too much fluoride may lead to a health condition referred to as dental fluorosis.

Typically systemic fluorides and the topical fluorides are not sufficient to prevent oral caries and could require supplementary fluoride remedies. Your oral health care professionals can sometimes recommend professional home care fluoride therapies to help you in your prevention of tooth caries. You might have to add more fluoride into your schedule if: you have cracks or cavernous pits on your teeth, your roots are exposed and hypersensitive, you have poor oral hygienic habits, you take in too much sugar, you have an insufficient exposure to fluorides, or you are unable to generate sufficient saliva due to pre-existing health conditions, medicines, or medicinal therapies.

Fluoride alone cannot prevent dental corrosion, so it is critically important to sustain a balanced program of daily flossing and brushing!