



Fluoride Treatment

What it is:

Fluoride is a naturally occurring mineral that has been proven to help enamel stay strong and resist tooth decay. Professional fluoride treatments come in gels, foams or varnishes, and are more concentrated than over-the-counter products.

Why you might need one:

Your dentist may recommend a fluoride treatment if you are at high risk for tooth decay and are not getting enough fluoride from drinking water or other sources.

How it works:

Step 1

You'll be seated in the dental chair while the treatment is applied.



Step 2

There are several ways your dentist may apply fluoride to your teeth, and all applications are painless. Fluoride varnishes are painted onto teeth. Foams and gels are put into a mouthguard, which is held in place for up to four minutes. All of these applications are similarly effective in helping to prevent tooth decay.



Step 3

Your dentist will likely advise you to avoid eating and drinking anything for at least 30 minutes after the treatment is complete.

Worth noting:

In some cases, your dentist may prescribe a fluoride gel for you to use in a tray or in a brush-on form at home.

