

What Are the Benefits, and Side Effects, of Fluoride Treatment?

Fluoride is a natural mineral that builds strong teeth and eliminates cavities. It's been an essential part of oral health for decades.

[Professional Fluoride Treatment](#) supports healthy tooth enamel and fights bacteria and infections or diseases that harm teeth and gums. Because cavities occur when a sticky layer of plaque and tartar builds over your teeth and under the gum line, plaque breaks the enamel over time. It attacks your teeth, which may result in tooth eruption. Therefore, fluorine provides an extra cover to your tooth enamel and saves your smile.

What happens during a professional fluoride treatment?

Your dentist provides professional fluoride treatment in various forms such as rinse, foam, gel, or varnish. They apply these materials with the help of a brush. These treatments have more concentrated fluorine as compared to regular toothpaste. It's a very instant process and takes a few minutes. Your dentist will instruct you not to eat for thirty minutes after the **Fluoride Treatment** so that your teeth absorb the fluoride. You should tell any past medical history before the treatment.



How much fluoride do you need?

Your dentist recommends professional fluoride treatment thrice a year for better teeth health and hygiene. If you're at high risk of cavities, you should immediately contact your dentist for **Fluoride Treatment For Adults**. Here are some habits that increase your risk of cavities.

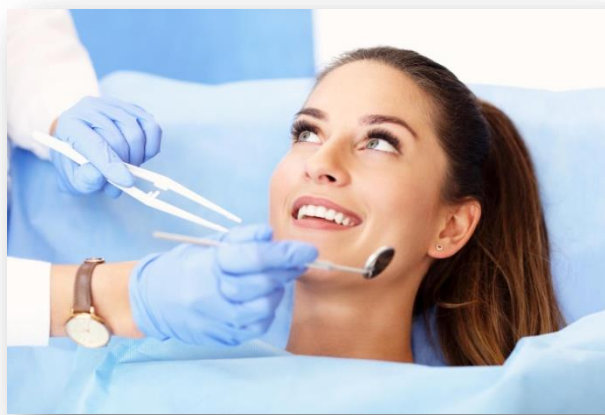
- Excessive drug or medication
- eating disorder or alcohol use
- poor oral hygiene
- lack of dental care

- poor diet
- dry mouth, or less saliva
- weak teeth enamel

You should only brush your teeth with caution for a child under three years old. And use a thin layer of fluoride toothpaste on their teeth. You shouldn't use toothpaste more than a grain of rice. Over three years, you can use pea-size fluoride toothpaste under your supervision.

Are there side effects to fluoride?

Like any medication, too much fluoride can impact your health. Fluoride poisoning is rare but possible, and chronic exposure may harm the development of bones and teeth in children. Therefore many kinds of toothpaste don't include fluoride. Here are some side effects of fluoride overdose;



- White patches on mature teeth
- Staining on your teeth
- Problems with bone
- High-density bones that aren't very strong
- Nausea and Diarrhea
- Tiredness
- Excessive sweating

What are the benefits of fluoride?

- Fluoride works by restoring minerals to your tooth enamel so the bacteria may not erode the enamel. Fluoride can also inhibit the growth of harmful bacteria and prevent cavities.
- Not only does fluoride remove decay, but it also creates a stronger outer layer of your teeth. It helps stop the decay from penetrating the deeper parts of your teeth.
- Fluoride benefits both children and adults. Earlier children don't get cavities due to fluoride layering. According to a reliable study, if someone receives fluoride treatment for one year are less susceptible to tooth decay.

If you are still confused about Fluoride Treatment, you should visit your dentist to know the pros and cons of **[Fluoride Treatment For Teeth](#)**.

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