

WHEN DOES A LOCAL DENTIST RECOMMEND FLUORIDE TREATMENT?

Fluoride is a natural mineral that helps teeth to become strong and prevent cavities. It is considered an essential part of oral health treatment for many years. It helps to maintain your teeth healthy by keeping tooth enamel safe from bacterias. Tooth enamel is the outer protective core of your tooth.

Fluoride prevents building up bacterias in the mouth by fighting with them to maintain your oral health. Cavities develop when bacteria forms on teeth and gums and develop a sticky layer of plaque that produces acid to damage the teeth and gum tissue. And, it takes away tooth enamel which causes nerves to expose. This condition leads to damage to the nerves and blood at the core of the tooth.



Fluoride treatment by the Local Dentist:

For getting the treatment, you will have to make a [Dentist Appointment](#). The dentist will perform the treatment by using a highly intensive rinse, foam, gel, or varnish. The treatment may include a swab, brush, tray, or mouthwash.

In the treatment, the composition of fluoride is more than in your usual fluoride toothpaste and water. It can take only a few minutes to be applied. The doctor may suggest you stop eating and drinking for a minimum of thirty minutes so that fluoride can get absorbed completely in the meantime.

So, **find a dentist near me** to get the fluoride treatment, if you have tooth decay.

Benefits of Fluoride Treatment:

There are multiple benefits of fluoride Treatment:

- It prepares our body for the better use of minerals such as calcium and phosphate. The teeth reabsorb the minerals to repair infected tooth enamel.
- It absorbs into the tooth structure so that teeth enamel can become stronger.
- It makes teeth fight with bacteria to prevent tooth decay.
- It slows down the process of developing bacteria in your mouth to prevent cavities.
- It helps to prevent gum disease.

Fluoride treatment helps to improve oral health as it functions by restoring minerals to tooth surfaces where the possibility of damage to the enamel by bacteria is more. You should know that poor oral health may cause a variety of health issues including cardiovascular disease.



Fluoride is beneficial for both children and adults. According to the experts, before fluoride was added to the toothpaste, people were sixty percent less likely to get tooth decay.

Fluoride treatment cost:

You can get the treatment from an [affordable dentist near me](#) with insurance cover. Usually, Insurance companies cover fluoride treatments for children. However, adults have to pay about \$10 to \$30 for the treatment. Always ask the cost of treatment first before its implementation.

According to the experts, a professional fluoride treatment is essential every three, six, or twelve months depending on your dental health. If you have extensive tooth decay, dentists may prescribe a special kind of fluoride gel to use at home regularly.

The risk factors of developing tooth decay include high use of alcohol, poor oral hygiene, weak tooth enamel, dry mouth, etc.

You should brush and floss daily twice a day to maintain good oral hygiene to stay away from cavities that build up in your mouth.