

Fluoride

Fluoride is one of the most effective weapons we have against tooth decay. It actually joins with the enamel to strengthen it against decay. Fluoride may actually stop decay while it is very small.

The most effective way for your child to get fluoride's protection is by drinking water that contains the right amount of fluoride. Children who are raised in areas with fluoride in the water have up to 40% fewer cavities. Many of them remain cavity-free through their teens.

Even though your regular water supply may be fluoridated, it is still important to discuss with your dentist any additional fluoride needs your child may have. Fluoride toothpastes and over-the-counter fluoride mouth rinses that carry the ADA Accepted seal have been proven to be safe and effective.

Your dentist may recommend various ways to get fluoride protection:



- Drink fluoridated water at school.
- Fluoride application at the dental office.
- Brush with a pea-sized amount of fluoride toothpaste.
- Use a fluoride mouthrinse for children over the age of six.
- If your drinking water does not have fluoride, have it tested for any natural fluoride content.
- Take the prescribed fluoride tablets or drops.

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How To Brush and Floss

1. Start with your front teeth. Brush gently, using short strokes.
2. Now brush your back teeth. Brush with the same gentle motion.
3. Brush the inside of the front teeth. Brush with up-and-down strokes.
4. Brush the tops of your teeth, where you chew. Brush your tongue, too.
5. Flossing is very important. Ask your dentist or hygienist to show you how to floss your teeth.



Tips for Healthy Teeth

- Brush and Floss daily
- Get regular fluoride treatments
- See the dentist regularly
- Eat a good diet



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