

151 Riverside Drive  
Binghamton, NY 13905  
607-724-1389 • Fax 607-724-6468



609 East Main St.  
Endicott, NY 13760  
607-754-3080 • Fax 607-754-3083

Family, Cosmetic and Implant Dentistry  
[www.summitdentalarts.com](http://www.summitdentalarts.com)

## Fluoride

Fluoride is a naturally occurring mineral. It is a nutrient that helps prevent early tooth decay by strengthening the enamel. We are exposed to fluoride through treated drinking water and products such as toothpaste and mouth rinses. It is a benefit to both children and adults.

Tooth decay begins when the outer surface of the tooth is attacked by acid. When we drink or eat foods containing sugar, the bacteria and plaque in our mouth converts the sugar to form acid. Fluoride exposure can help reduce the amount of acid produced. It will re-mineralize the tooth structure and make the teeth stronger, thereby helping prevent future acid attacks.

Fluoride can be administered in two ways. Systemic fluoride is ingested orally. It can be obtained through drinking water, vitamins and fluoride tablets or drops. It is beneficial to developing teeth. Topical fluoride is applied directly to the surface of teeth. It can be delivered through toothpaste, mouth rinses, gels, foams and varnishes.

Fluoride can also be used to help with sensitivity along exposed root surfaces.

### Recommended Fluoride Treatment:

#### **Fluoride Mouth Rinse:**

- ACT Anticavity Fluoride Rinse
- Colgate Phos-flur Anticavity Fluoride Rinse
- Colgate PreviDent (Rx) Dental Rinse

#### **Fluoride Toothpaste Rx:**

- Colgate PreviDent (Rx) 5000 Plus Prescription Toothpaste

#### **Fluoride Gels:**

- Colgate Gel-Kam Home care gel
- Colgate PreviDent (Rx) brush on gel

#### **Fluoride Supplements:**

- Poly Vi Flor: Multivitamin Fluoride Supplement