



Fluoride is a naturally occurring mineral found in many foods, tap water, toothpastes, and mouthwashes, and is a key component in developing strong teeth and preventing tooth decay.



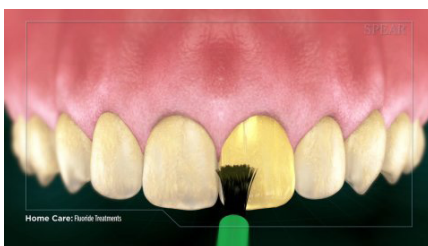
Over time, the enamel layer of your teeth can begin to deteriorate due to bacteria producing acids, in a process called demineralization. Fluoride helps remineralize, or add new minerals, to the teeth to maintain strong enamel and prevent decay.



Your doctor can provide professional fluoride treatments to provide protection from tooth decay. These treatments contain a much stronger concentration than what is available in stores.



The treatment typically involves your doctor placing a tray containing the fluoride solution in your mouth for a few minutes.



Alternatively the solution can be applied with a brush, cotton swab, or as a rinse.



The strength and type of fluoride treatment depends on the condition of your teeth and other factors. Your doctor will work with you to recommend a fluoride treatment that will best assist you in strengthening your teeth and preventing tooth decay.

