

Warpeha Prosthodontic Dental Clinic

www.warpeha.us



1312 Second Street Northeast
Minneapolis, Minnesota 55413

(612) 379-2425 phone
(612) 379-2426 fax

Tips for a Clean Mouth and Appliances by Hygienist Michelle A.

Dental Benefits of Fluoride

Fluoride is an element naturally present in water supplies and many of the foods we eat. In order to ensure optimal levels, it is added or reduced in different areas of the US. When placed directly on a tooth, fluoride is helpful in repairing damage that bacterial acids have caused on the enamel and the root surface. It helps to re-strengthen the soft areas before they turn into cavities (decay).

Fluoride Varnish

This is a 5% Sodium fluoride varnish applied in the office at the end of your cleaning. Michelle or Dr. Warpeha will apply the varnish to all exposed tooth-structures and susceptible areas. Upon contact with the saliva, the fluoride will begin the hardening process and will be completely hard within about 15 minutes. It is okay to eat and drink right away after placement, however hard, crunchy foods should be avoided as they can chip or scrape off the fluoride varnish prematurely. Alcoholic beverages, rinses containing alcohol and hot foods or beverages should also be avoided as they may dissolve the fluoride prematurely. The varnish should be left on the teeth for 4-6 hours and will be removed with normal brushing and flossing.

Pro-Den Rx Toothpaste

This product is prescription strength and can only be purchased in our office.

It is to be used at night before bed. Apply a small amount on your toothbrush and massage into the gum-line and in any areas pointed out by Dr. Warpeha and Michelle. Brush for 2 minutes and spit out any residual toothpaste. Do not eat, drink or rinse with water afterwards. In order to repair the damaged tooth surfaces, it is desirable for the fluoride to stay on the teeth as long as possible.

Fluoride placement in a denture/coping area

Phos-Flur Gel 1.1% Sodium Fluoride and Stop Gel 0.4% Stannous Fluoride are prescription strength gels and can only be purchased in our office. Place a small, pea-sized dot in the denture areas shown by Dr. Warpeha or Michelle. Apply the gel just prior to placement in your mouth in the morning. Wait 30 minutes before eating or drinking in order to gain maximum benefits from the fluoride.

ACT Fluoride rinse

Rinse each night before bed after regular brushing and flossing. Do not eat, drink or rinse with water after use.

Frequently Asked Questions About Fluoride:

Is fluoride safe?

Though consumption of fluoride in our drinking water is somewhat controversial, there are no scientific studies showing harm in the use of topical fluoride in toothpaste, gels and rinses.

What are the benefits of systemic fluoride vs. topically applied fluoride?

Fluoride we take in through food and our drinking water (systemic delivery) is disbursed throughout our entire system and is **most beneficial to children**. The fluoride is incorporated into the teeth and enamel structure as they are forming and developing - from the inside out. Once the teeth are fully developed and erupted, systemic fluoride no longer has any benefits.

On the other hand, topically applied fluoride is beneficial to people of all ages. Fluoride placed on a tooth structure, which is soft/weakened by an acid attack, will incorporate into the tooth structure and actually make the surface even harder/stronger than before. Topically applied fluoride is placed directly on and isolated to the affected areas. Any excess fluoride is removed therefore uptake systemically is little to none.

Can I get too much fluoride?

Though rare, you can get too much systemic fluoride by consuming large amounts of fluoridated products such as toothpastes and mouth rinses.

The effects can be two-fold:

- Acute fluoride toxicity occurs when a large quantity is consumed within a short amount of time. In large quantity, it can be lethal especially to small children. Symptoms include nausea, vomiting, and stomach cramps.
- Chronic fluoride toxicity occurs when small amounts of excess fluoride are consumed over a long period of time. Symptoms are only visible if such consumption happened during the stages of tooth development and actually will not show until permanent teeth erupt in the mouth. The teeth can have a range of appearances related to amounts of fluoride consumed over certain spans of time. They can have a mild chalky white spotting appearance to a yellow-brown, pitted appearance, depending on the severity of the exposure.