

Fluoride Supplements

Extra Protection to Ward Off Cavities

Most tap water in the USA contains fluoride. However, most bottled water doesn't. Many people have fluoride deficiency, which puts teeth at a greater risk for getting cavities. In some cases, parents think that they are protecting their babies by using bottled water to mix formula, but actually, tap water is better in this case. Many children pack bottled water in school lunches, and adults tend to toss a bottled water in the car instead of filling up a reusable water bottle with tap water.

Fluoride is an interesting mineral because it attracts other minerals and strengthens tooth enamel. At your checkup, our team can determine whether your teeth would benefit from a fluoride supplement. If we find that your teeth could use a boost, we'll recommend a simple solution.

Fluoride mouth rinse in many flavors is available at our office. One quick rinse, and your teeth will have a better chance of staying healthy. We offer supplemental fluoride for patients of all ages. Oftentimes, our hygienist will recommend additional ways to keep your fluoride levels up between dental visits. These may include switching to tap water or using a fluoride-rich mouthwash at home.