



**ARTISTIC WORKS**  
**DENTISTRY**

## **FLUORIDE**

Fluoride is the most effective way to help prevent tooth decay. This is a mineral that is naturally present in almost all food and water supplies. Although most people receive fluoride from food and water, it is usually not enough to prevent decay. Fluoride strengthens the teeth by seeping into the outer surface of the tooth enamel, making the teeth more resistant to decay. Fluoride can be administered through dental products such as toothpaste, mouth rinses, and gels. We generally recommend that children have a professional application of Fluoride twice a year during dental check-ups.

### **Things to expect after topical fluoride treatment:**

- Avoid anything acidic such as sodas, juice, etc.
- Avoid hot drinks and products containing alcohol during treatment period.
- Avoid brushing and flossing for 8- 12 hours after fluoride is applied. If possible, wait until the following morning to resume normal oral hygiene.
- Teeth will feel sticky.
- After application, fluoride may appear white and streaky on the tooth surface. Leave as is, brushing and flossing will remove any remaining fluoride.

**(713) 647-6453**

**[www.artisticworksdentistry.com](http://www.artisticworksdentistry.com)**

## CUSTOM FLUORIDE TRAY

Fluoride trays are custom fitted plastic trays made by your dentist to be filled with prescription fluoride gel to help control decay and strengthening teeth structures. Because of your high need to prevent or control dental decay, or reduce tooth sensitivity, it is recommended that you use fluoride daily.

Documented research found that the use of these trays and fluoride will prevent new decay almost totally and will slow down currently present decay.

Additionally, it will desensitize sensitive tooth root surfaces. However, you must be consistent in carrying out the treatment daily.

### Fluoride Instructions:

- You will be fitted for your custom fluoride trays.
- Schedule an appointment to pick up your trays and fluoride three business after the impression are taken.
- Wear fluoride trays daily overnight.
- Avoid swallowing the product.
- Brush and floss like normal in the morning.
- Continue wearing fluoride trays until instructed otherwise by the dentist.

*Our mission is 'To assist others in achieving optimal dental health by providing high quality services that proved long term oral health'.*

