

Fluoride Treatments *for the life of your teeth*

Name: _____

Date: _____

Fluoride is a mineral that is found naturally in many things we eat or drink. It is nature's way of helping prevent cavities.

Professional strength (in-office fluorides) and low strength (home fluorides) each play important roles in helping to keep your teeth for life. In the lifelong fight against cavities, both adults and children benefit from in-office treatment and home fluorides.

Professional in-office fluoride products are highly concentrated and can only be applied by a dental professional.

Professional in-office fluorides make teeth stronger... and even heal weakened areas. Over time, the high level of fluoride provided by the in-office fluoride treatment will gradually be released from the teeth. This is where low strength, home fluorides such as toothpastes and mouth rinses play a valuable role. These home fluorides are an important and valuable complement to the office treatment by replenishing and maintaining a beneficial level of fluoride in the teeth. Think of office fluoride treatments and home fluorides as your "1-2 Punch" in the lifelong fight against cavities.

Ask us how fluoride can benefit you.



©2001 Oral-B Laboratories

ESA 3476 Rev. 5/01/01

This publication may be photocopied in whole or in part for distribution to your patients by permission from Oral-B Laboratories.

Do you need fluoride?

Please put a check in front of any of the following statements that apply to you. This will help us determine your individual need for a specific fluoride therapeutic program that can help you keep your teeth for life.

- No fluoride in your drinking water as a child
- No fluoride in your drinking water now
- Drink filtered or bottled water
- Have receding gums or history of gum disease
- Have multiple fillings and/or crowns
- Strong family history of dental decay
- Mouth feels dry; or take medications that cause dry mouth; or breathe through mouth
- Currently wear orthodontic braces
- Have sensitivity to hot, cold or touch
- Use home whitening products
- Limited hand dexterity
- Use of chewing gum, lozenges or hard candy with sugar between meals; or strong breath mints
- Visit dental office irregularly
- Currently undergoing (or history of) chemotherapy or radiation therapy
- Suffer from acid reflux
- Teeth that just don't feel clean; trap food
- Dental work done in the past year
- Snack frequently between meals
- Sip on beverages throughout day (other than water)
- Use tobacco products of any type
- Grind teeth frequently
- Brush less than 2 times per day
- Floss less than once per day