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Did you know that, according to professionals in implant dentistry in Houston that the cornerstone of sound oral health is Fluoride? Chances are you already have some idea of the importance of this element. Just about every brand of toothpaste and mouthwash advertises the phrase “contains Fluoride”™. And then there are those treatments you would go for every six months as a child. Well, it is an established scientific fact by implant dentistry in Houston “ and has been for over 50 years - that the element Fluoride is essential for sound oral health because of its effectiveness in the prevention of tooth decay; one of the leading causes of tooth loss. While the food we eat and the water we drink naturally contain Fluoride, implant dentistry in Houston, which is locked in a constant battle against tooth loss, stresses the importance of using this element to strengthen teeth against the onslaught of decay-causing bacteria.

### Preventing the Need for Houston Dental Implants with Topical Fluoride Treatments

Topical Fluoride treatment is performed simply by applying it to the outer surface of the teeth (the enamel) through brushing with Fluoride toothpastes, gargling with mouthwashes and using gels. However, say professionals in implant dentistry in Houston, like most oral homecare regimes, it is not always effective at reaching those little nooks and crannies, of which our mouths are full of! For this reason, qualified and experienced dentists, such as Dr. Wayne Brueggen, advise that if you want to avoid needing Houston dental implants, you and especially your children should receive a professional topical Fluoride treatment every six months or so.

### Preventing the Need for Houston Dental Implants with Systemic Fluoride Treatments

Systemic Fluoride treatment, explain professionals in implant dentistry in Houston, simply involves the ingestion of small amounts of Fluoride, which our bodies then naturally use to protect the teeth against bacteria. Generally, we get our source of Fluoride from the water we drink as well as certain foods; however, you can get mineral supplements in the form of drops or special gels which are taken in conjunction with a balanced diet. Remember, advise professionals in implant dentistry in Houston, it is important that you have these supplements and their doses prescribed to you by a dentist. Too much Fluoride can lead to the development of unsightly white spots on the teeth, which is the result of a condition referred to as “Fluorosis”™.

### A Final Note from Implant Dentistry in Houston

It always serves to bear in mind that while Fluoride is important in the protection of our teeth against bacteria and decay, it alone is simply not enough to prevent tooth loss and the need for Houston dental implants. Regular brushing and flossing are fundamental and can never be replaced by any kind of supplement, say professionals in implant dentistry in Houston. Furthermore, you should combine sound oral hygiene care with balanced meals, plenty of water and a diet that is low in sugar as well as seeking regular professional care from a qualified and experienced dentist.

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