

Dental Fluorosis

Dental fluorosis causes white specks or lines to appear on a child's teeth and is the result of a child getting too much fluoride. This is a concern primarily for young children before age 3, but it can also affect children up to age 6. Most dental fluorosis is mild and barely visible. It is not a health issue but rather



a cosmetic concern. In more severe cases, it can be easily treated by the dentist. To avoid this condition, parents should supervise their young children when they are brushing their teeth to ensure that they do not swallow toothpaste and rinse well after brushing.

Rely on Your Dentist

To find out if you and your family are getting enough fluoride, consult your dentist. Your dentist can best advise you and your family on the need for fluoride treatments. The use of fluoride, along with brushing, flossing, regular dental checkups and a diet low in sugars can result in strong healthy teeth. You and your dentist are partners in keeping your oral health good for life.