



ROBISON **ORTHODONTICS**

FLUORIDE

Fluoride is a **MUST** when wearing braces. Topical fluoride helps to protect the tooth enamel from decalcification. We provide you with the first bottle of fluoride. Each additional bottle is \$10.

Decalcification is an etching and white discoloring that occurs to the tooth enamel and is permanent. The acid found in soda pop, high amounts of sugar in the diet, and improper cleaning will result in the decalcification.

Fluoride is applied after brushing with your regular toothpaste.

1. Shake the excess water from your toothbrush
2. Place a pea-sized drop of fluoride gel onto your toothbrush and brush all surfaces of your teeth.
3. Spit out, but do not rinse or drink water for at least 30 minutes following application.
4. Repeat EVERY DAY! Studies have shown that daily fluoride prevents teeth decalcification.

BE SURE TO SEE YOU GENERAL DENTIST EVERY THREE TO SIX MONTHS FOR YOUR GENERAL DENTAL NEEDS AND CLEANINGS!