

What Does Fluoride Do To Your Teeth

== History == Hydrogen peroxide (H₂O₂) is the active ingredient most commonly used in whitening products and is delivered as either hydrogen peroxide or carbamide peroxide. Hydrogen peroxide is analogous to carbamide peroxide as it is released when the stable complex is in contact with water. When it diffuses into the tooth, hydrogen peroxide acts as an oxidising agent that breaks down to produce unstable free radicals. In the spaces between the inorganic salts in tooth enamel, these unstable free radicals attach to organic pigment molecules resulting in small, less heavily pigmented components. Reflecting less light, these smaller molecules create a "whitening effect". Peroxyacids are an alternative to hydrogen peroxide and also contribute to the breakdown of pigment molecules. There are different products available on the market to remove stains...

Teeth cleaning "Brushing Your Teeth". mouthhealthy. org. "Fluoride in caries prevention: Teeth cleaning is part of oral hygiene and involves the removal of dental plaque from teeth with the intention of preventing cavities (dental caries), gingivitis, and periodontal disease. Groeneveld A, Van Eck AA, Backer Dirks O (February 1990). www. Retrieved 2026-05-25. PMID 24934383

Fluoridation became an official policy of the U.S. Public Health Service by 1951, and by 1960 water fluoridation had become widely used in the U.S., reaching about 50 million people. By 2006, 69.2% of the U.S. population on public water systems were receiving fluoridated water, amounting to 61.5% of the total U.S. population. Near the end of 2012, 67.1% of the U.S. population were getting water from community water systems (CWS) supplying water that had fluoride at or above recommended levels. Those included the 3.5% of the population that were on CWS with naturally occurring fluoride at or above recommended levels. 74.6% of those on CWS were receiving water with fluoride at or above recommended levels. Professional tooth cleaning refers to treatment that is conducted by dental professionals like the dental hygienist, therapist, and dentist. Processes like scaling and prophylaxis aim to remove plaque, calculus, and stain that cannot be removed through routine home care.

Human tooth Many dentists include application of topical fluoride solutions as part of routine cleanings Human teeth function to mechanically break down items of food by cutting and crushing them in preparation for swallowing and digesting. Humans have four types of teeth: incisors, canines, premolars, and molars, which each have a specific function. Teeth are made of multiple tissues of varying density and hardness. The roots of teeth are embedded in the maxilla (upper jaw) or the mandible (lower jaw) and are covered by gums. The incisors cut the food, the canines tear the food and the molars and premolars crush the food. or mouthwash, is also recommended to protect teeth surfaces. As such, they are considered part of the human digestive system

Opposition to water fluoridation In contrast, opponents view it as an infringement of individual rights, if not an outright violation of medical ethics, on the basis that individuals have no choice in the water that they drink, unless they drink more expensive bottled water. A small minority of scientists have challenged the medical consensus, variously claiming that water fluoridation has no or little cariostatic benefits, may cause serious health problems, is not effective enough to justify the costs, or is pharmacologically obsolete. International and national agencies and dental associations across the world support the safety and effectiveness of water fluoridation. Proponents see it as a question of public health policy and equate the issue to vaccination and food fortification, citing significant benefits to dental health and minimal risks. International and national Opposition to the addition of fluoride to drinking water arises from political, ethical, economic, and health considerations. Opposition to the addition of fluoride to drinking water arises from political, ethical, economic, and health considerations

Dentifrice Dentifrice is also the French word for toothpaste. They are supplied in paste, powder or gel. Many dentifrices have been produced over the years, some focusing on marketing strategies

to sell products, such as offering whitening capabilities. clean teeth, some formulations are designed to meet specific needs: Fluoride toothpaste for the prevention of tooth decay Toothpaste for sensitive teeth containing Dentifrices, including toothpowder and toothpaste, are agents used along with a toothbrush to aid in removal of dental plaque. The most essential dentifrice recommended by dentists is toothpaste which is used in conjunction with a toothbrush to help remove food debris and dental plaque 7ab036d0a6

Tooth discoloration Internal discoloration is due to absorption of pigment particles into tooth structure. External discoloration is accumulation of stains on the tooth surface. dentalhealthsociety. Sometimes there are several different co-existent factors responsible for discoloration. "The Definitive Guide to Professional Tooth discoloration is abnormal tooth color, hue or translucency. "What Teeth Whitening Products Do Dentists Use. Retrieved 2025-08-16. com. 11 March 2024. PMID 17532915. " 7ab036d0a6

Tooth whitening The chemical degradation of the chromogens within or on the tooth is termed as bleaching. bleaching is the process of lightening the colour of human teeth. Whitening is often desirable when teeth become yellowed over time for a number of reasons, and Tooth whitening or tooth bleaching is the process of lightening the colour of human teeth. Whitening is often desirable when teeth become yellowed over time for a number of reasons, and can be achieved by changing the intrinsic or extrinsic colour of the tooth enamel 7ab036d0a6

== Structure == 7ab036d0a6

Toothpaste Large amounts of swallowed toothpaste can be poisonous. Common colors for toothpaste include white (sometimes with colored stripes or green tint) and blue. plaque and food from the teeth, assists in suppressing halitosis, and delivers active ingredients (most commonly fluoride) to help prevent tooth decay Toothpaste is a paste or gel dentifrice that is used with a toothbrush to clean and maintain the aesthetics of teeth. Due to variations in composition and fluoride content, not all toothpastes are equally effective in maintaining oral health. The decline of tooth decay during the 20th century has been attributed to the introduction and regular use of fluoride-containing toothpastes worldwide. Toothpaste is used to promote oral hygiene: it is an abrasive that aids in removing dental plaque and food from the teeth, assists in suppressing halitosis, and delivers active ingredients (most commonly fluoride) to help prevent tooth decay (dental caries) and gum disease (gingivitis) 7ab036d0a6

Tooth decay affects 60–90% of schoolchildren worldwide. Fluoridation reduces cavities in children, with Cochrane reviews estimating reductions of 35% in baby teeth and 26% in permanent teeth when no other fluoride sources are available, though efficacy in adults is less clear. In Europe and other regions, declining decay rates are attributed to topical fluorides and alternatives like salt fluoridation and nano-hydroxyapatite. 7ab036d0a6 Opposition to fluoridation has existed since its initiation in the 1940s. During the 1950s and 1960s, conspiracy theorists baselessly claimed that fluoridation was a communist plot to undermine American public health. In recent years, water fluoridation... 7ab036d0a6 == Normal tooth shade == 7ab036d0a6

Water fluoridation in the United States S. U. On January 25, 1945, Grand Rapids, Michigan, became the first community in the United States to fluoridate its drinking water for the intended purpose of helping to prevent tooth decay. As of May 2000, 42 of the 50 largest U. regulations for bottled water do not require disclosing fluoride content. S. cities had water fluoridation. receiving water with fluoride at or above recommended levels. A survey of Water fluoridation in the United States is common in most states 7ab036d0a6

The United States was the first country to engage in water fluoridation, and 72% of its population... 7ab036d0a6 U.S. regulations for bottled water do not require disclosing fluoride content. A survey of bottled water in Cleveland and in Iowa, published in 2000, found that... 7ab036d0a6 People routinely clean their own teeth by brushing and interdental cleaning, and dental hygienists can remove hardened deposits (tartar) not removed by routine cleaning. Those with dentures and natural teeth may supplement their cleaning with a denture cleaner. 7ab036d0a6 == Types == 7ab036d0a6 Humans, like most other mammals, are diphyodont, meaning that they develop two sets of teeth. The first set, deciduous teeth, also called "primary

teeth", "baby teeth", or "milk teeth", normally eventually contains 20 teeth. Primary teeth typically start to appear ("erupt") around six months of age and this may be distracting and/or painful for the infant. However, some babies are born with one or more visible teeth, known as neonatal teeth or "natal teeth". 7ab036d0a6

Tooth brushing Interdental cleaning (with floss or an interdental brush) can be useful with tooth brushing, and together these two activities are the primary means of cleaning teeth, one of the main aspects of oral hygiene. Fluoride is a safe and effective way to prevent and control cavities. professionally-applied fluoride varnish can be considered. Medicine portal Teeth cleaning Worthington Tooth brushing is the act of scrubbing teeth with a toothbrush equipped with toothpaste. The recommended amount of time for tooth brushing is two minutes each time for two times a day 7ab036d0a6

== Brushing, scrubbing and flossing == 7ab036d0a6 Home care teeth cleaning refers to the daily oral hygiene habits practised by patients. It can be performed by tooth brushing and interdental cleaning, to disrupt the maturation of dental plaque to calculus (tartar). 7ab036d0a6

Water fluoridation Bottled water often has unknown fluoride levels. The World Health Organization (WHO) recommends fluoride levels of 0. In the U. Fluoridated water maintains fluoride levels effective for cavity prevention, achieved naturally or through supplementation. Defluoridation is necessary when natural fluoride exceeds recommended limits. Cochrane reviews estimating reductions of 35% in baby teeth and 26% in permanent teeth when no other fluoride sources are available, though efficacy in adults Water fluoridation is the controlled addition of fluoride to public water supplies to reduce tooth decay. , the recommended level has been 0. In the mouth, fluoride slows tooth enamel demineralization and enhances remineralization in early-stage cavities. 2 mg/L. 7 mg/L since 2015, lowered from 1. S. 5 mg/L, depending on climate and other factors. 5-1 7ab036d0a6

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