

Fluoride



What is fluoride?

One naturally occurring mineral that can be found in rocks, plants, seas, and groundwater is fluoride. It's also frequently added to dental goods and community water sources because it's a tried-and-true method of preventing tooth decay.

Why Does Fluoride Matter?

When kids (or adults) eat or drink, oral bacteria consume sugars and starches and produce acids that damage the tooth's protective enamel.

When Is It Time for Kids to Get Fluoride Treatments?

We usually advise children to receive a fluoride treatment twice a year, unless they are at a very high risk of developing dental decay. The first time your child should see the dentist is when they are one year old. Up to at least the age of sixteen, fluoride treatments ought to be maintained.

Your Saraswati team is here to help!

We are proud to be well-known paediatric dental experts in Saraswati Dental college and Hospital. We are here to help you and your child adjust to their new world of dentist visits in any way that we can. If you think it would be helpful to introduce your child to our team before their appointment, please let us know and we are happy to make that happen. You and your child are in great hands with our trusted team. Please don't hesitate to reach out to us with any questions, and if you're ready to schedule your child's visit, [let's get started!](#)

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