

Is Fluoride Toothpaste Safe to Use?

Description

Most everyone knows the benefits of fluoride for protecting their teeth. Unfortunately, some people have heard misleading information that has made them mistakenly believe fluoride toothpaste is dangerous to their health. With this information, individuals will learn why this simply is not true and why they should make sure their toothpaste includes fluoride.

What Is Fluoride?

Fluoride is a mineral found in abundance in nature. This mineral is found in the water, soil, and even in the air. Fluoride is found in almost every water supply, though the amounts can vary depending on where a person lives. When people see their [Family Dentist](#), they are often told to use fluoride toothpaste to ensure their tooth enamel remains strong and does not begin to break down and result in erosions.

What Are the Benefits of Fluoride Toothpaste?

[Fluoride](#) toothpaste offers a range of benefits. Individuals need to be aware of these benefits so they can take action to protect their teeth. The following are some of the biggest benefits of using fluoride toothpaste.

- Cavity prevention
- Strengthens weakened tooth enamel
- Early tooth decay reversal
- Limits the growth of oral bacteria
- Slows mineral loss in the teeth

It is important to note that [fluoride toothpaste](#) contains higher concentrations of fluoride than water, so it should not be swallowed. Over the years, there has been some debate over the use of fluoride toothpaste, with varying degrees of understanding.

Is Fluoride Toothpaste Safe?

Despite the debates over its safety, dentists and the American Dental Association both recommend the use of fluoride. It is important to note there are some dangers, but only if fluoride toothpaste is used incorrectly. Individuals need to be aware of how to use toothpaste safely so there will be no dangers. Consider the following tips for safe usage.

- Use a small amount of toothpaste—no bigger than the size of a pea.

- Never swallow toothpaste.
- Avoid toothpaste that has a high amount of fluoride unless recommended by your dentist.
- Use only ADA recommended toothpaste.
- Ask the dentist if further instruction is required.

Those who are concerned about using fluoride toothpaste need to be aware there are no real dangers as long as a person uses the recommended amount of toothpaste. Most people use way too much toothpaste. It only takes a small dot of toothpaste to clean your teeth.

Tips for Brushing Your Teeth

People of all ages need to know how to brush their teeth effectively. The process is not difficult, but many people do not brush properly. When a person does not brush their teeth correctly, they can end up missing places that lead to tooth decay. The following tips should be followed by everyone.

- Use fluoride toothpaste.
- Use a soft toothbrush that is recommended by the ADA.
- Place the toothbrush at a slight angle against the teeth and gums.
- Brush in a gentle back and forth motion.

In addition to using fluoride toothpaste, individuals also need to drink plenty of fluoridated water. Those who have well water may need to ask their dentist about fluoride treatments to help ensure their teeth are protected.

See the Dentist

Seeing the dentist twice a year for cleanings and examinations is essential. The dentist will examine their patient's teeth to ensure there are no signs of cavities. Dentists will also take X-rays that can show hidden issues.

Fluoride is an integral part of oral health care. With fluoride toothpaste, individuals can rest assured they will keep a healthy smile.

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