Dental fluorosis: clinical considerations

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Abstract: The purpose of this article is studying causes, classification and treatment options of Dental fluorosis.

Abstract: Dental fluorosis occurs because of the excessive intake of fluoride either through naturally occurring fluoride in the water, water fluoridation, toothpaste, or other sources. The damage in tooth development occurs between the ages of 6 months to 5 years, from the overexposure to fluoride. Teeth are generally composed of hydroxyapatite and carbonated hydroxyapatite; when fluoride is present, fluorapatite is created. Excessive fluoride can cause yellowing of teeth, white spots, and pitting or mottling of enamel. Consequently, the teeth become unsightly. Although it is usually the permanent teeth which are affected, occasionally the primary teeth may be involved. In mild cases, there may be a few white flecks or small pits on the enamel of the teeth. In more severe cases, there may be brown stains. The cost and success of treatment can vary significantly depending on the treatment. Tooth bleaching, microabrasion, and conservative composite restorations or porcelain veneers are commonly used treatment modalities. Generally bleaching and microabrasion are used for superficial staining, whereas the conservative restorations are used for more unaesthetic situations.

Conclusion: Various treatment options can improve esthetic of teeth with fluorosis.

Dental fluorosis, bleaching, classification

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