Abstract: Introduction / Purpose: Dental fluorosis is a developmental disturbance of dental enamel, caused by successive exposures to high concentrations of fluoride during tooth development, leading to enamel with lower mineral content and increased porosity. The severity of dental fluorosis depends on when and for how long the overexposure to fluoride occurs, the individual response, weight, degree of physical activity, nutritional factors and bone growth. The risk period for esthetic changes in permanent teeth is between 20 and 30 months of age. The main consequence of dental fluorosis is compromised aesthetics, from white spots, striations or opacities at lower severity, to post-eruptive dark brown to black staining with increasing severity of fluorosis. The purpose of this article is to report various treatment options available for dental fluorosis such as Bleaching and Micro/Macro abrasion.

Conclusions: The treatment options for fluorosis are varied depending upon severity of dental lesions. Bleaching and enamel microabrasion techniques are conservative, and provide highly satisfactory results, without excessive wear of sound dental.

Dental fluorosis-Whitening – microabrasion