



Fluoride Treatment Options

Fluoride is an important part of good oral hygiene and occurs naturally in many foods and water. It helps reinforce your teeth, making them more resistant to cavities.

Dentists apply fluoride to teeth in the form of gel, foam or varnish during office visits. The amount of fluoride an individual needs depends on their risk level for tooth decay. Many people are at a lowered risk for cavities, thanks in part to fluoridated water, toothpaste and better oral hygiene.



Since the early 1970s, the number of children ages 18 and younger in the United States who have cavities in their primary and permanent teeth, both treated and untreated, has substantially declined.¹ As a result, they're unlikely to benefit from professional fluoride treatment.



Today, numerous studies and recommendations from the U.S. Centers for Disease Control and Prevention suggest that fluoride should be provided to people who need it rather than providing fluoride routinely to everyone.



As the leader in providing dental benefits, Delta Dental of New Mexico closely monitors and assesses scientific research in the oral health industry. We work to promote good oral health and can offer updates to plan designs that are based on evidence.



Most employers request that their Delta Dental plan limits the coverage of topical fluoride treatments to once per year for enrollees up to age 19. Individuals who desire additional fluoride treatments may receive them at their own expense.



Talk to your dentist about your risk for cavities. They can help you determine the most appropriate treatment based on your oral health and history.

¹Brown L.J., Wall T.P., Lazar V. "Trends in total caries experience: permanent and primary teeth." The Journal of the American Dental Association 2000. Feb; 131(2):223-31.