

FLUORIDE

1. Fluoride is a _____ formed naturally in the _____.
2. The main benefit of fluoride is that it _____ the enamel.
3. Fluoride remineralizes the teeth that are demineralized by _____ in the oral cavity.
4. Fluoride is also used to _____ exposed _____ surfaces.
5. It reduces _____ in the saliva and inhibits the growth of oral microorganisms (especially _____ which is a harmful bacteria in the oral cavity).
6. There are 2 ways to receive fluoride:
 - a. _____ (into the body)
 - i. Fluoridated _____ (the ratio is _____)
 - ii. Fluoride drops or tablets (supplements)
 - iii. Digestion of _____ that contain fluoride
 - b. _____ (on the surface of the teeth)
 - i. Fluoridated _____
 - ii. _____ and mouthwash / rinses
 - iii. _____ gels
 - iv. Professionally applied
 - v. During a _____ procedure (in the pumice used)
7. It is a great idea to get lots of fluoride in both water AND in fluoride supplements. True False
8. How can we get fluoride topically and systemically at the same time? _____
9. Professionally applied methods include:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
10. Which method of fluoride application is most popular today? _____
11. Fluoride gel and foam are both applied using a _____ and then letting the fluoride sit on the teeth for _____ minutes depending on the brand.
12. Why should we be careful not to overfill the tray? _____
13. Why should we not give fluoride liquid to children under the age of 5? _____

14. What do we need to tell the patient about when we apply fluoride varnish?
 - a. _____
 - b. _____
15. Which fluoride method has the longest retention on the teeth? _____
16. The condition of getting too much fluoride is called _____ and causes the teeth to get spots called _____ enamel.
17. Prior to applying fluoride, the teeth need to be clean (free from _____), the patient should have a _____ health history, and the patient needs to understand not to _____ the fluoride.
18. Which fluoride application would be best to used for patients who have crowns/bridges or veneers?
 _____ Explain: _____
19. The three different types of fluoride include:
 - a. _____ fluoride with chemical symbol _____
 - b. _____ fluoride with chemical symbol _____
 - c. _____ fluoride with chemical symbol _____
20. Which type of fluoride has the longest retention on the teeth? _____
21. Sodium fluoride is usually the type that is put in _____ and mouth _____.
22. What is the biggest disadvantage of stannous fluoride? _____
23. Which fluoride is the strongest solution? _____
24. Who can legally place fluoride in California? _____ under _____ supervision
25. Define the following terms:
 - a. Expectorate: _____
 - b. Gingivectomy: _____
 - c. Solubility: _____

PIT AND FISSURE SEALANTS

26. A _____ is an indentation in the teeth and is _____ (therefore we don't need to seal it as _____ have no where to hide).
27. A groove that is NOT sealed all the way, there is a crack, is called a _____. Fissures are caused from incomplete _____ of the _____.
28. Baby cusps are called _____. When these are first forming they are not touching until the complete formation of the tooth – they are then called _____. When they fuse together smoothly there is a _____, when they don't fuse together all the way the crack is called a _____.

29. A _____ is a depression created by the intersection of two or more _____.
30. A sealant is a _____ placed on the surface of the tooth to _____ decay.
31. Pit and fissure sealants CAN be placed over a SMALL carious lesion. True False
- Which stage of decay will be stopped if we place a sealant? _____
32. If we place a sealant over bacteria, it closes off their _____ supply and therefore will kill the bacteria.
33. If we put a sealant over decay at stages 3-5 the sealant will _____.
34. We place pit and fissure sealants because . . .
 _____ + _____ + _____ = _____.
35. Who can legally place pit and fissure sealants in California now? _____. What do they have to do in order to be licensed to do this procedure? _____.
36. Those who get their RDA license after _____ now must have their sealant certification by their _____ license renewal.

NEXT UP: PERIODONTAL DISEASE