



FLUORIDE

VS.

HYDROXYAPATITE

A PARENT'S GUIDE TO
STRONGER ENAMEL



Why Enamel Matters

Enamel is the hard outer layer that protects your child's teeth.

Every day, enamel is challenged by bacteria, sugar, acidic drinks, snacks, and normal wear.

Once enamel is weakened, kids may be more likely to develop sensitivity, white spots, or cavities.

The good news: early enamel weakening can often be supported with the right prevention plan.



The Tooth Shop™

What Does “Remineralizing” Mean?

Teeth naturally lose and regain minerals throughout the day.

When minerals are lost faster than they are replaced, enamel can weaken.

Remineralizing ingredients help support the tooth surface by helping replace or strengthen minerals in weakened areas.

That is where ingredients like fluoride and hydroxyapatite come in.



What Is Fluoride?

Fluoride is a mineral used to help strengthen enamel and protect teeth from cavities.

It helps make enamel more resistant to acid attacks from bacteria and food.

Fluoride has been used in dentistry for many years and is commonly found in toothpaste, professional fluoride treatments, and some drinking water.



How Fluoride Helps Kids' Teeth

Fluoride may help:

- Strengthen weakened enamel
- Support early cavity prevention
- Make teeth more resistant to acid
- Protect cavity-prone areas
- Support long-term dental health

For many children, fluoride is one of the most effective tools for cavity prevention.



What Is Hydroxyapatite?

Hydroxyapatite is a form of the mineral that naturally makes up much of tooth enamel.

In toothpaste, hydroxyapatite is used to help support enamel and fill in tiny weak spots on the tooth surface.

Some parents are interested in hydroxyapatite because it is fluoride-free and may be helpful for enamel support.



How Hydroxyapatite Helps Kids' Teeth

Hydroxyapatite may help:

- Support enamel remineralization
- Smooth tiny imperfections on the tooth surface
- Help with sensitivity
- Support a healthy-looking enamel surface
- Offer a fluoride-free option for some families

It can be a helpful option, but it is still best to choose products with guidance from your child's dentist.



Fluoride vs. Hydroxyapatite

Both ingredients are used to support enamel, but they work differently.

Fluoride helps enamel become more resistant to acid and has a long history of cavity-prevention research.

Hydroxyapatite helps support the mineral structure of enamel and may be a helpful fluoride-free option for some families.

The best choice depends on your child's age, cavity risk, brushing habits, diet, and dental history.



Which One Is Better?

The better question is not always “Which ingredient is best?”

It is:

Which option is best for your child?

A child with frequent cavities may need a stronger prevention plan.

A child with low cavity risk may do well with a simpler routine.

A child who swallows toothpaste may need special guidance.

Your dentist can help you choose safely.

What Parents Should Watch For

Ask your child's dentist about enamel support if you notice:

- White spots on teeth
- Sensitivity to cold or sweets
- Frequent cavities
- Heavy snacking or juice habits
- Brushing struggles
- Dry mouth
- Deep grooves in molars

These signs may mean your child needs extra cavity-prevention support.



Toothpaste Tips for Kids

A good toothpaste routine matters just as much as the ingredient.

Helpful tips:

- Use the right amount for your child's age
- Supervise brushing
- Brush twice a day
- Help kids spit after brushing
- Avoid rinsing heavily with water after brushing
- Keep toothpaste out of reach of young children

Small daily habits make the biggest difference.



The Tooth Shop Approach

Our goal is simple:

Help your child build strong, healthy teeth
with a plan that makes sense for your family.

Schedule your child's appointment today.

480-525-7110



WHY FAMILIES TRUST THE TOOTH SHOP

Families choose The Tooth Shop because we focus on:

- Honest recommendations
- Clear communication
- Long-term oral health
- Child-friendly care
- Helping parents feel informed and confident

We're here to help families understand their options without pressure or confusion.



Meet Dr. Perkins

Dr. Jaron Beau Perkins, DMD, is a Pediatric Dental Specialist focused on creating a calm, positive experience for children and families. He earned his degree in Exercise and Wellness from Arizona State University, attended Case Western Reserve University School of Dental Medicine, and completed his pediatric dental residency at Rainbow Babies & Children's Hospital in Cleveland, Ohio. Over the past 13 years, Dr. Perkins has practiced in rural and underserved communities in Pennsylvania and Prescott, AZ, treating complex pediatric cases and severe decay. These experiences shaped his compassionate, creative approach to care. He is a member of the AAPD and AAFE.

 The Tooth Shop™



"My goal is to help every child feel safe, understood, and confident at the dentist while building healthy habits that last a lifetime."

Jaron Perkins, DMD

Ready for a Better First Dental Visit?



The Tooth
ShopTM

We'd love to meet your family.

Schedule your child's
appointment today.

(480) 427-0531

Book Appointment

- ✓ Kid-friendly environment
- ✓ Experienced with anxious children
- ✓ Judgment-free care
- ✓ Focused on long-term health
- ✓ Serving families in Gilbert, AZ