



A PARENT'S GUIDE TO FLOUROSIS & WHITE SPOTS ON TEETH

**WHAT THOSE WHITE MARKS MAY MEAN
AND WHEN TO ASK YOUR
CHILD'S DENTIST**



Why Do Teeth Get White Spots?

White spots happen when part of the tooth enamel looks lighter, chalkier, or different from the surrounding tooth.

They may be caused by:

- Dental fluorosis
- Early enamel weakening
- Plaque buildup around braces
- Enamel development differences
- Previous injury to a baby tooth
- Diet, brushing habits, or cavity risk

A dentist can help determine the cause.



What Is Dental Fluorosis?

Dental fluorosis is a change in the appearance of enamel that happens while adult teeth are forming under the gums.

It can occur when a child gets more fluoride than needed during the early years of tooth development.

Mild fluorosis often appears as faint white lines, streaks, or cloudy patches.

In many cases, it is cosmetic and does not cause pain or tooth damage.



What Are White Spot Lesions?

White spot lesions are areas where enamel may be starting to lose minerals.

They can look chalky, dull, or bright white, especially near the gumline or around braces.

Unlike mild fluorosis, white spot lesions may be an early warning sign of cavity risk and should be checked by a dentist.



Fluorosis vs. White Spot Lesions

How They Are Different?

Fluorosis usually forms while teeth are developing before they come in.

White spot lesions usually form after teeth come in, often when plaque sits on the enamel too long.

Both can look similar, which is why it is hard to know the difference just by looking at a photo.



**Developed
before tooth
came in**



**Developed
after tooth
came in**

Common Signs Parents Notice

Parents often call after noticing:

- White streaks or cloudy patches
- Chalky spots near the gumline
- White marks around where braces were
- Spots that look brighter when teeth are dry
- Brown staining or rough texture
- A tooth that looks different from nearby teeth

Any new, growing, rough, or stained area should be evaluated.



Is It a Cavity?

Not always.

Some white marks are cosmetic and stable. Others may be early signs of enamel weakening.

A dentist may look at:

- Texture
- Location
- Whether the spot is changing
- Cavity risk
- Brushing habits
- Diet and drink habits
- X-rays when needed

The goal is to catch problems early, before they become bigger.



What Parents Should Avoid

Try not to panic or scrub the spot aggressively.

Avoid:

- Whitening products for kids
- Abrasive toothpaste
- At-home scraping
- Skipping fluoride without dental guidance
- Assuming every white spot is harmless
- Assuming every white spot is a cavity

The best next step is a calm dental evaluation.



How Dentists May Help

Treatment depends on the cause, severity, and location of the spot.

Options may include:

- Monitoring the area
- Improving brushing habits
- Fluoride or remineralizing support
- Sealants when appropriate
- Treatment for early cavities
- Cosmetic options for older children or teens

Not every white spot needs treatment right away.

Monitor

Support

Treat if
needed

Prevention Tips at Home

Healthy daily habits can help protect enamel. Encourage your child to:

- Brush twice daily
- Use the right amount of toothpaste
- Spit after brushing
- Limit frequent sugary snacks and drinks
- Drink more water
- Get regular dental checkups
- Keep plaque away from the gumline

For young children, parents should help with brushing.



A Note About Fluoride

Fluoride can help protect teeth from cavities when used correctly. The goal is not to avoid fluoride completely, but to use the right amount for your child's age and cavity risk.

For children under 3, the CDC describes using a rice-sized smear of fluoride toothpaste. For ages 3 to 6, the CDC describes using no more than a pea-sized amount.

Your child's dentist can help you decide what is right for your child.



How The Tooth Shop Can Help

Dr. Perkins can evaluate the white spots, explain the likely cause, and recommend a plan based on your child's age, enamel health, cavity risk, and comfort level.

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

Have You Noticed White Spots on Your Child's Teeth?



The Tooth
Shop™

We'd love to to help.

Schedule your child's
appointment today.

480-525-7110

Book Appointment

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