



PREVENTION OF DENTAL DECAY IN ADULTS AND CHILDREN

There are 4 main ways to prevent decay in teeth

1. Plaque Control
2. Sugar control
3. Fluoride
4. Disinfection and Sealing of the Teeth

Why do small Sticky Spots on the teeth become Big Holes?

Decay happens when sugars in food and drinks react with the bacteria in plaque, forming acids. Every time you eat or drink anything containing sugars, these acids attack the teeth and start to soften and dissolve the enamel.

The attacks can last for an hour after eating or drinking, before the natural salts in your saliva cause the enamel to 'remineralise' and harden again.

It's not just sugars that are harmful: other types of carbohydrate foods and drinks react with plaque and form acids.

These are the 'fermentable' carbohydrates such as the 'hidden sugars' in processed food, natural sugars like those in fruit, and cooked starches.

Snacking between meals on sugary or acidic foods and drinks can increase the risk of decay, as the teeth come under constant attack and do not have time to recover.

It is therefore important not to keep snacking on sugary foods or sipping sugary drinks throughout the day.

What happens if I don't get it Treated Early?

Toothache is a sign that you should visit a dentist straight away, as it is a warning that something is wrong.

If you don't do anything, this will usually make matters worse and you may lose a tooth that could otherwise have been saved.

What can I do to Prevent Decay?

The best way to prevent dental decay is by brushing your teeth thoroughly twice a day with fluoride toothpaste, making sure that you brush the inner, outer and biting surfaces of your teeth. Children up to three years old should use a toothpaste with a fluoride level of at least 1000ppm (parts per million).

Three-year-olds to adults should use a toothpaste that contains 1350ppm to 1500ppm of fluoride.

Using 'interdental' brushes, or dental floss or tape also helps remove plaque and food from between your teeth and where they meet the **gums**. These are areas an ordinary toothbrush can't reach.



Severely decayed tooth

Is there anything else I can do to Protect My Teeth Against Decay?

As each of the adult molars (back teeth) appears, and if the tooth is free from decay, a 'fissure sealant' can be used to protect the tooth.

The sealant is a plastic coating that fills all the little crevices in the tooth surface, creating a flat surface that is easier to clean. This is called a '**pit and fissure sealant**'. Adults can also have this treatment if the teeth are free from decay. Your dentist will discuss whether this is right for you.

We at Hub dental practice use Ozone and Laser to first disinfect the biting surfaces of the teeth and then use a materials that flows in and seals the grooves on the teeth.

Apart from that visit your dentist regularly, as often as they recommend, and have sugary and acidic food and drinks less often. Avoid snacking between meals to limit the times your teeth are under attack from acids.

Chewing **sugar-free gum** for up to twenty minutes after a meal can help your mouth produce more saliva, which helps to cancel out any acids which have been formed.

What is Ozone Therapy and Laser Disinfection of Teeth and Cavities:

We at "The Hub Dental Practice" use the "Ozone Therapy" and "Lasers" to disinfect the teeth and the cavities before putting in a filling material or "pit and fissure sealants"

There are a number of studies showing a complete disinfection of tooth/teeth after using Ozone and Laser and this is why we practice this innovative dentistry here at Hub.

Ozone Therapy: Ozone when introduced onto a surface causes a reaction called as "Transient oxidative burst". The infective bacteria/microorganisms have no defense against the reaction as a result overstress and die. Thus Ozone, disinfects the area treated.

Laser Therapy: Lasers emit light energy that interacts with biological tissues of the bacteria resulting in the elimination of the bacteria from the tooth surface.

Where can I find out about the treatment?

If you would like to know more about the treatment, ask one of our dentists or **hygienist**. They will tell you if fissure sealing will help your teeth, and if it is the right time to do it.

We have leaflets on Fissure sealants and Fluoridated Tooth paste. Just ask!!

