

Sugary Food
+ **Acid**
Plaque Bacteria = **Attack**

DID YOU KNOW?

It can take up to 20 minutes after every snack or drink for saliva to wash away plaque acid, and then a further period of time to repair any damage.

Fluoride helps to speed up the 'natural recovery' repair process and rebuilds stronger tooth structure.

If you have some decay, when the hole gets bigger it can turn brown or black in color. You may also notice your teeth becoming sensitive to sweet or cold foods and drinks.

In order for a filling to be permanent and long lasting, the decay process needs to be completely stopped. Otherwise the problem will continue to get worse, a temporary filling may be placed to help with this.

And lastly, your mouth needs a team effort to strengthen and repair damaged teeth.



Brown Marks White Marks Advanced Decay

Regular checkups are essential to make sure that dental decay is under control, otherwise further decay may occur. If any part of diet control or the homecare program fails, your teeth will again be at risk.

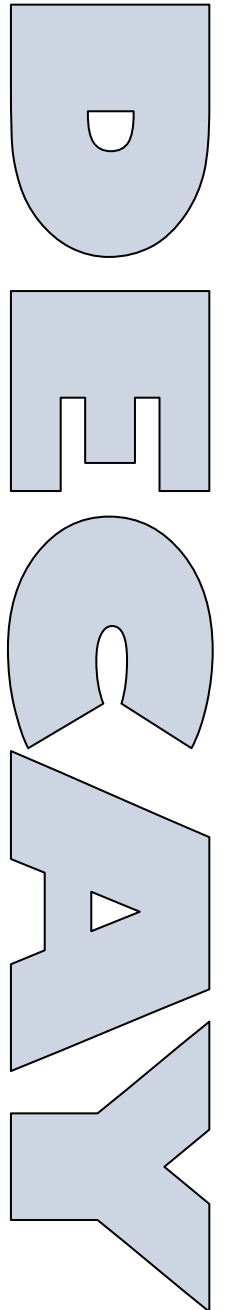
Your own natural teeth are the best
Don't risk losing them!



BEATING RAMPANT DECAY

Your dentist can help
BUT...

Only you can make the changes to protect your teeth against further decay



Sometimes we get into a habit of eating sweet foods and drinking sugary or acidic drinks continually without realizing that we are risking major problems with our teeth.

BOREDOM?

ALWAYS HUNGRY?

COMFORT EATER?

SWEET TOOTH?

But EVERY TIME we eat or drink, our teeth are under attack from food acids!

What is 'Rampant Decay'?

Rampant Decay is the destruction of tooth structure, that happens in a short period of time. Decay often occurs when plaque (the sticky substance that forms on teeth) mixes with sugar from foods that we eat, this combination produces acids that eat away at our teeth.

The end result is teeth that are discolored, have holes and in some cases can be quite painful.

How can 'Rampant Decay' be stopped?

As a team, you and your dentist can work out strategies to alter habits that are most damaging to your teeth.

Temporary fillings can be placed to alleviate pain and prevent further damage.

Extra fluoride can be used to strengthen teeth.

Changes in your eating and drinking habits, cut out the foods and drinks that are causing the decay problem.

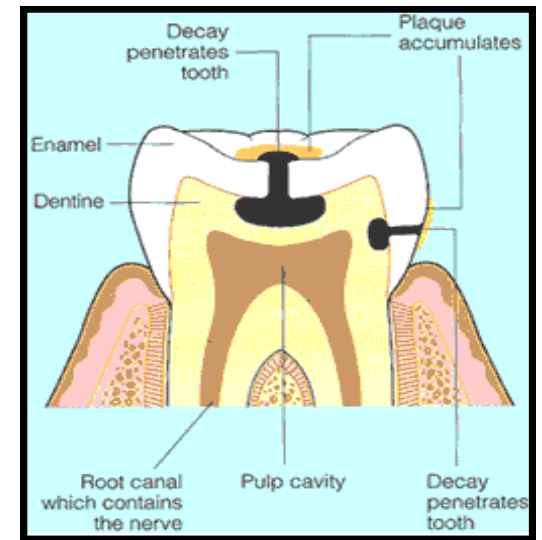
Change the way you clean your teeth. Your approach may include brushing more carefully, and more frequently.

Switch to using a high concentration fluoride toothpaste (recommended for adult only).

Try the "Spit don't rinse" technique.

Having regular dental check ups to ensure that your home care program is working.

Permanent fillings will be placed in the decayed teeth once your dentist is confident that the decay problem is under control and the fillings will be long lasting.



Why some people are more prone to 'Rampant Decay'?

People with diets that consist of too much sugar, too often can cause an overloading effect on the natural recovery or defense mechanism that the mouth has. Sticky sweetened foods such as, toffee and lollipops that stay in the mouth for lengthy periods of time are more harmful than sugary snacks that can quickly be cleared from the mouth.

Changes in stress levels or lifestyle can sometimes trigger changes in the diet and brushing habits and affect the balance between recovery and the causes of decay.