

HOW CAN "RAMPANT DECAY" BE STOPPED?

As a team, yourself and your dentist can determine strategies to alter habits that are most damaging to your teeth.

- Having regular dental check-ups to ensure that your home care program is working
- Temporary fillings can be placed to alleviate pain and prevent further damage
- Extra fluoride can be used to strengthen tooth enamel
- Changes in eating and drinking habits (removing foods and drinks that are high in sugar from diet)
- Changes in brushing (brushing more thoroughly or more regularly)
- Use of a high concentration fluoride toothpaste (recommended for adults only)
- "Spit, don't rinse" technique (when finished brushing spit out toothpaste but don't rinse mouth with water)
- Permanent fillings will be placed once your dentist is confident that the decay is controlled and the fillings will be long lasting



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BEATING RAMPANT DECAY

Your dentist can help, but only you can make the changes to protect your teeth against further decay!



WHY ARE SOME PEOPLE MORE PRONE TO “RAMPANT DECAY”?

People with diets that consist of too much sugar can cause an overloading effect on the natural defence and recovery that the mouth has. Sticky, sweetened foods such as toffee and lollipops that stay in the mouth for lengthy periods are more harmful than sugary snacks that can be quickly cleared from the mouth. Changes in stress levels and lifestyle can sometimes trigger changes in diet and brushing habits, that can affect the balance between recovery and causes of decay.



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 things we ingest. This combination produces acids that eat away at our teeth. The end result is teeth that are discoloured, have holes, and can be quite painful in some cases.

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 colour. You may also notice your teeth becoming sensitive to sweet or cold food 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 worsen. A temporary filling may be placed to help with this.
- Your mouth needs a team effort to strengthen and repair damaged teeth!

