

STRATEGIES TO PREVENT DENTAL DECAY

Cavities in adult teeth are a serious problem; here's what you can do.

Follow a 3-pronged strategy:

1. *Reduce plaque deposits*—decrease bacteria that cause tooth decay.
2. *Improve quantity and quality of saliva*—neutralise the acid that causes decay.
3. *Strengthen and protect enamel*—increase resistance of your teeth to decay acid and demineralise (repair) decayed enamel.

Most of these can be done at home.

Reduce plaque deposits

- Effective daily tooth brushing and flossing
- Restrict your total intake and frequency of eating fermentable carbohydrates; substitute sucrose and glucose with natural sweeteners such as xylitol or sorbitol.
- Apply *Curasept*[™] chlorhexidine gel to your teeth.
Once weekly in the morning, brush and floss normally and rinse with water. Place a small amount of supplied gel (size of a pea) on your toothbrush and apply over all teeth for at least one minute. Spit out and rinse gently.

Improve quantity and quality of saliva

- Drink plenty of water each day. Avoid soft drinks, sports drinks, sweetened drinks and drinks with caffeine
- Chew sugarless gum twice daily for two minutes to stimulate salivary flow.
Try: *Wrigleys Eclipse*[™] or *Extra*[™], *V6*[™], *Biotene*[™] or *Recaldent*[™].
- Sodium bicarbonate mouth-rinses used daily help the buffering capacity of your saliva.
Dissolve one teaspoon of baking soda in a glass of fresh water and rinse thoroughly (don't swallow).

Strengthen enamel

- Use a fluoride toothpaste. High-concentration-fluoride *Colgate Neutrofluor*[™] should be used once a day in the evening. (Not to be given to children)
- Apply CPP-ACP (source of calcium and phosphate ions) for remineralisation. We supply this as *GC Tooth Mousse*[™].
- Regular professional application of topically-applied fluoride and CPP-ACP may also be required, typically every three months.
- Once a week, rinse with a fluoride rinse. We supply this as *Oral B Fluorinse*[®].