

# DECAY MANAGEMENT



## CAUSES OF DENTAL DECAY

Dental decay (known as caries) is a transmissible infectious disease that destroys tooth structure. It occurs when the acids produced by bacteria dissolve the hard outer layer of a tooth (enamel), allowing a passageway for the bacteria to penetrate the inner, softer structures of the tooth. The tooth then progressively breaks down, resulting in “cavities” or “holes” in the tooth. Dental decay is caused by several factors including diet (sugar and acids), oral hygiene (brushing and flossing) and the presence of decay causing bacteria in the mouth. Often, it is a combination of these factors that leads to dental decay.

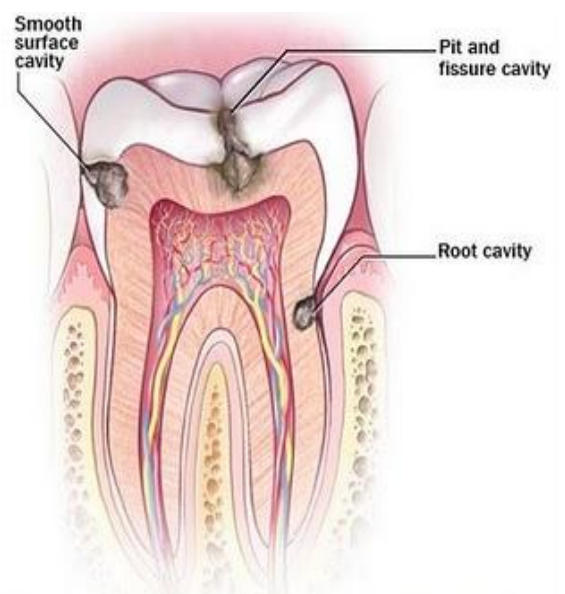
## DECAY MANAGEMENT

If your dentist has diagnosed you with dental decay, not only do these teeth need to be restored (fillings), we need to treat the cause. This is done by a comprehensive investigation with your Dental Hygienist. It requires two appointments; gathering of information, and educational consultation presenting the results. During the first appointment a number of tests will be carried out. Different components of your saliva, bacteria and diet are examined. The results are then collated and presented as a personal preventive program for you at the second appointment.

Investing in a decay management program is more beneficial for your long term health, and economically, as you are preventing the problems from recurring.

## PREVENTION OF DECAY

- Avoid acidic and sugary foods and beverages
- Brush and floss twice daily with fluoride toothpaste
- Chew sugar free gum
- Rinse with water after acidic foods or drinks
- Visit your dentist and hygienist for regular check-ups so that signs of decay can be detected early



## DECAY MANAGEMENT COSTS

**Total Cost \$210 Includes:**

### First Appointment

- Consultation
- Saliva Testing
- Bacteria Swab test
- Diet Analysis

Valued at \$140

### Second Appointment

- Presentation of report
- Dietary Advice
- Oral Hygiene Instruction
- Carifree Mouthrinses

Valued at \$157