



Decay Prevention (Low to Moderate)

From the Office of Dr. Michael J. Guy 511A Lakeshore Drive, North Bay ON, P1A 2E3

You are at a medium to high- risk for dental decay, or caries. Dental decay is a disease that results in dissolution and destruction of your teeth. The rate your teeth are decay is much higher than average. You are also getting decay in areas that are normally not prone to decay.

You are at high risk for the following reasons:

- Visit dental office irregularly
- Brush less than 2 times per day
- Floss less than once per day
- No fluoride in your drinking water now, or drink filtered or bottled water
- Have receded gums which has exposed your root surfaces
- History of gum disease
- Have multiple fillings and/or crowns
- Strong family history of dental decay
- Have sensitivity to hot, cold or touch
- Use home whitening products
- Limited hand dexterity
- Use of chewing gum, lozenges or hard candy with sugar between meals; or strong breath mints
- Teeth that just don't feel clean; trap food
- Dental work done in the past year
- Snack frequently between meals**
- Sip on beverages throughout day (other than water)**
- Use tobacco products of any type**
- Grind teeth frequently**

It is not just enough to "fill cavities." We have to address the cause of the decay and not just simply treat the symptoms (the cavities).

For maximum decay prevention three factors must overlap . They are:

- a) Effective Plaque Control,
- b) Fluoride strengthening, and
- c) Attention to diet



Recommendations

The following measures have all been clinically proven help prevent decay and or gingivitis. They will shift the balance in your favour so that you are less prone to decay.



Please fully adhere to the following:

- 1) **Practice daily home care (effective plaque control),**
 - Brush with a regular soft-bristled toothbrush
 - Use a **Power-assisted toothbrush- the Braun Oral-B® 3D Excel.** We have them available for sale in this office as a service to you (we receive no profit from the sale). They are at a special price of \$97 (\$87 after a \$10 mail-in rebate), which is almost half the price in drug stores.
 - Floss, or
 - Proxi-brush
- 2) Seal any deep pits and fissures on your biting surfaces.
- 3) **Strengthening your teeth with fluoride**
 - Use a fluoride toothpaste
 - Try to drink optimally fluoridated water
 - Take Tri-Vi-Fluor tablets as recommended by us.** This is only for those who do not drink city water. Recommendations will only be made after the fluoride content in your water is analysed
 - Always get a Fluoride treatment at your dental visits
 - Rinse with Fluorinse once a day - Fluorinse daily fluoride mouthwash has 05% strength and is blue with an icemint flavor. Follow the directions on the bottle carefully before using. Both the weekly and daily are available OTC at most drug stores.**
- 4) Minimize dietary sugar:
 - Minimize sweets over prolonged periods of the day. It is not the quantity but the frequency of sugar intake that causes decay. Sugar with meals is okay. Avoid sugar between meals
 - Beware of the sugar content in certain snack foods - e.g. chips, cookies, ice cream, fruit juices - look at the labeling
 - Watch the sugars In tea, coffee, sodas
 - Use sugar substitutes (sugar free sweeteners)
 - Chew Xylitol sweetened chewing gum- Some examples are: Trident Advantage®, Arm and hammer Dental Care Gum®, and Colgate Dental Gum. Chew after every meal for about 20 minutes.**
- 5) Please keep regular dental checkups at intervals of 6 to 9 months for:
 - your cleanings and appropriate x-rays
 - Early detection and removal of decay
 - The professional fluoride treatments

Your daily home care is the most important factor in controlling your gum disease.

BRUSHING



Whether you use a regular brush or a power brush as recommended you must: **Be thorough, systematic and don't rush.** You should follow some sort of sequence every time you brush to ensure all areas of your mouth have been cleaned. Start cleaning one area of the mouth and move to next area until the whole mouth has been cleaned.



Brush for at least two minutes. Be sure you have brushed

- the outer tooth surfaces
- all of the inner tooth surfaces next to the tongue.
- behind the front teeth.
- brush the biting surface of the teeth



Use a fluoride-containing toothpaste- Any-one endorsed by the Canadian Dental Association will suffice. A pea-sized drop is all you need.

Use a gentle pressure- The plaque you need to clean and remove every day is the consistency of butter and doesn't require a heavy hand to remove. A heavy hand is not only unnecessary but can be detrimental to the teeth and gums.



Brush the tongue from back to front to remove odor-producing bacteria

If you choose to use a power-assisted brush

Guide the brushhead slowly from tooth to tooth. Hold the brushhead in place for a few seconds before moving on to the next tooth. Do not press hard or scrub, simply let the brush do all the work.

If you choose to use a regular brush use a soft or ultra soft toothbrush. Any simple regular-sized toothbrush is adequate. Place bristles along the gumline at a straight to a 45-degree angle. Bristles should contact both the tooth surface and the gumline. Brush only two to three teeth at a time using a short vertical, up and down motion.

Proxybrush



The ProxyBrush™ is our main alternative to flossing. If you do not like flossing or have trouble doing it, this is what you need to use. It is designed to remove plaque and debris in open interproximal areas (areas that are very large and located between the teeth).

Instructions

Moisten the brush and insert it into the embrasure spaces that exist between each tooth and its neighbor.

Move the brush in and out several times in each embrasure space.

Make sure to clean the brush by holding it under running water during each use. This is necessary in order to remove debris and plaque that may be deposited during the mechanical cleansing of the spaces.

Clean the brush thoroughly after use and allow it to air dry. The brush may be used several times before it is necessary to replace it.

Discard the brush when the filaments become loose or deformed.

Sulcabrush



The Sulcabrush™ is another alternative to flossing and can also help you reach areas your toothbrush cannot. It is not as effective as the Proxybrush. It is mainly designed to remove plaque and debris at the gumline

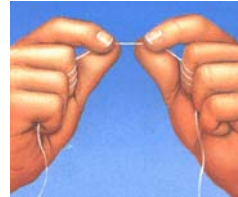
Instructions

Place the end marked outside on the edge of the gumline. Continuously follow the wavy gumline, adding a circular motion between the teeth.

Continue to apply firm pressure while following the wavy gumline on the inside of the mouth, using the end marked inside.

The inside angle is also very effective for reaching the gums behind the back teeth.

FLOSSING



Use any floss you feel comfortable using. Our preference is one that is non-waxed to lightly waxed.

It is also your choice whether you use a regular sized or a tape type floss



Break off about 18 inches of floss and wind most of it around one of your middle fingers. Wind the remaining floss around the same finger of the opposite hand. This finger will take up the floss as it becomes dirty. Hold the floss tightly between your thumbs and forefingers. Guide the floss between your teeth using a gentle rubbing motion. Never snap the floss into the gums.



Use an up and down motion

Using an in and out sawing motion accomplishes nothing and can injure your teeth and gums. When the floss reaches the gum line, curve it into a C shape against one tooth.

Gently slide it into the space between the gum and the tooth. Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum with up and down motions.



Repeat this method on the rest of your teeth. Don't forget the back side of your last tooth.

Be thorough and systematic Try to reach and clean between all teeth. You should follow

some sort of sequence to ensure all areas have been cleaned.

Choose a time and place

You don't always have to do it at night before you go to bed- Choose a time when you are not tired and will do a good job.

You don't have to do it right in front of the bathroom mirror- Choose a place where you are more comfortable.

If you have a good thorough technique, in most cases brushing twice a day combined with flossing (or equivalent) is all that is necessary to achieve optimal homecare results.