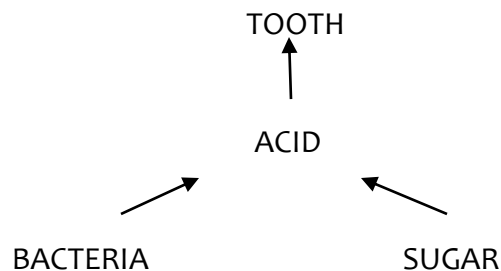


Cavity Prevention Program

Dental Cavities

Scientists now recognize that dental cavities (caries or decay) are mainly caused by a bacterial infection on the teeth. Dental cavities are an infectious disease that are associated with high levels of decay causing bacteria and can be transmitted to other members of your household.

The bacteria that cause cavities use refined sugar and produce acid that destroys enamel on the tooth.



Good oral hygiene alone may not stop cavities. Even if you brush, floss, and visit your dentist regularly, harmful levels of the decay-causing bacteria may still be present.

The development of cavities in an individual is affected by that person's susceptibility to the bacteria in their mouth.

Our goal is to reduce the damaging bacterial numbers, modify your diet to reduce those foods that aid in acidic production and prevent further carious breakdown.

Types of Decay

Occlusal (biting) surface decay can occur where natural pits and grooves exist.

Smooth surface decay can occur on the sides and in between teeth where the toothbrush and floss can't reach.

Root surface decay can occur when gum tissue recedes and exposes a more susceptible part of the tooth.

What are the risk factors?

- High levels of specific bacteria
- Dry mouth (Xerostomia)
- Diet containing refined sugar
- Deep pits and grooves in the enamel
- Defective enamel (outer layer)
- Exposed root surfaces
- Poor oral hygiene
- Medical conditions such as GERD, acid reflux and eating disorders
- Chemotherapy/radiation treatment

Cavity Prevention

If you have cavities, we know you have the bacteria that causes decay and that you are susceptible to decay. If you continue the same patterns you have now, you remain at risk for further breakdown.

We have developed a Cavity Management Program that teaches you new habits, changes the bacteria levels and environment in your mouth and helps protect your teeth from further decay.

Steps to Cavity Prevention

We use the American Dental Association's risk assessment form to determine your risk of developing cavities in the future. We will make individual recommendations and tailor a prevention program that targets your needs. The following is a list of treatment options we may utilize:

- **Electric Toothbrush:** We encourage the use of sonic toothbrushes. Sonic technology works like tiny, powerful waves, dislodging plaque that isn't reachable by a manual brush, or the rotating movement of other power brushes.
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- **Remove cavities:** All cavities should be removed, and fillings or crowns be placed to protect your teeth.
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- **Sealants:** We recommend a resin to cover and protect deep grooves that harbor decay causing bacteria.
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- **Fluoride:** A combination of in-office fluoride and at home use provides topical protection for teeth that are visible in the mouth. Prescription oral fluoride is available for children under the age of 14.
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- **MI Paste:** This paste is brushed on or used in custom trays to restore the oral mineral imbalances in the mouth that lead to demineralization.
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- **Xylitol:** A natural sweetener, Xylitol, prevents bacteria from sticking to teeth and changes the pH of the oral environment. Xylitol can be found in mints, gums, rinses and toothpastes and should be used five times a day.
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- **Dental maintenance:** Routine visits including cleaning, exam, fluoride and x-rays allow the removal of bacteria in areas that may be difficult to reach, evaluation of the teeth for further breakdown, determination of home care progress, and individual recommendations for improvement.
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We aim to give you the necessary tools to change your dental future and improve your dental health.

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