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DECAY MANAGEMENT



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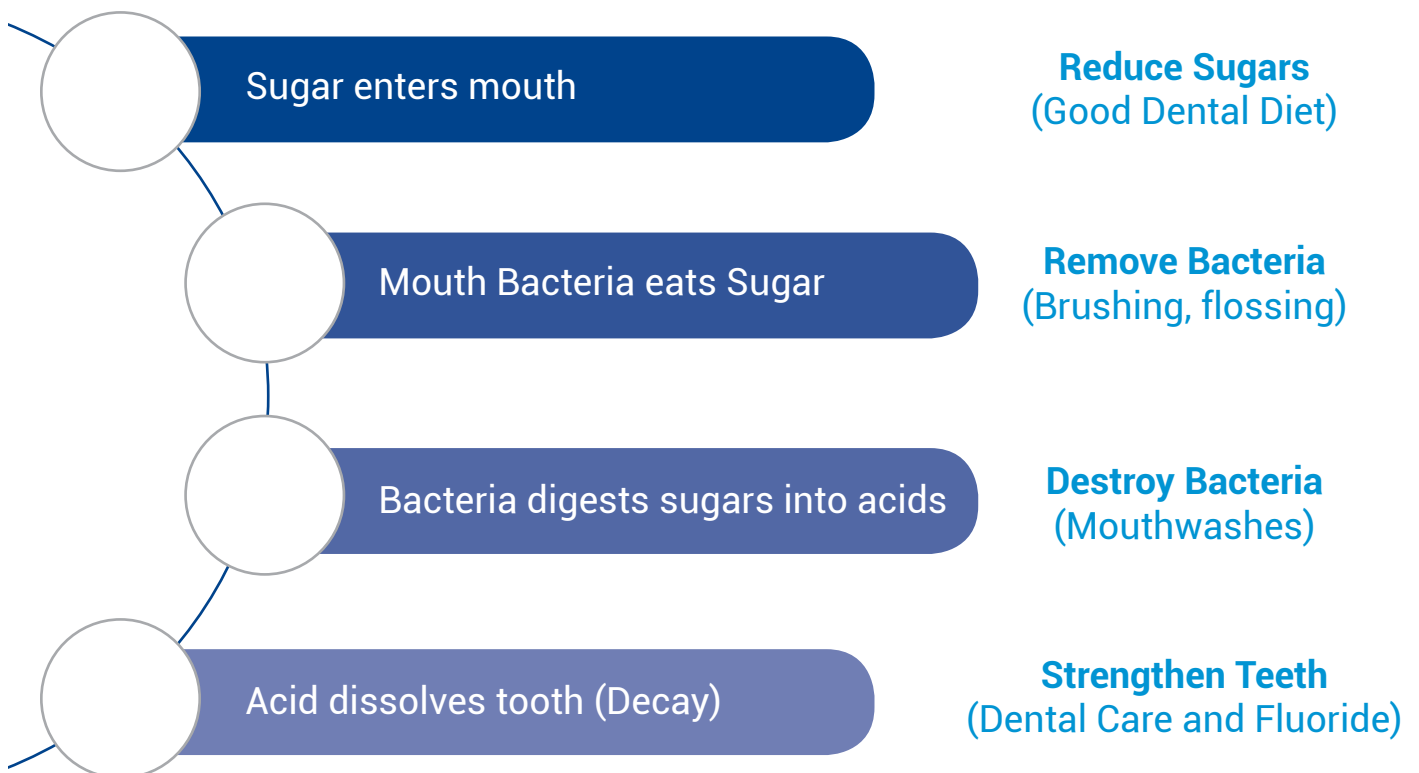
MANAGING DECAY IS ALL ABOUT PREVENTING AND CHANGING THE ENVIRONMENT INSIDE YOUR MOUTH TO INHIBIT THE FORMATION OF NEW DECAY

Decay Management Program

When a tooth has decay it will require a filling to fix the decayed portion, as well as need protection from future decay. This protection is provided in a Decay Management Program with a comprehensive investigation by your Dental Hygienist. Required is two appointments; gathering of information, and then an 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.

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 = NO MORE DECAY

Preventing Dental 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

Appointments for Decay Management:

First Appointment: Consultation, Saliva Testing, Bacteria Swab test, Diet Analysis

Second Appointment: Presentation of report, Dietary Advice, Oral Hygiene Instruction, Mouth rinses

DENTAL DECAY - FREQUENTLY ASKED QUESTIONS

Why have a Decay Management Program?

Your teeth will benefit from reduced levels of plaque attack on the teeth and therefore less decay. Less dental care means less cost and ongoing dental treatments. Why not?

What is involved?

Decay Management involves a comprehensive assessment by our Dental Team into your current presenting condition. This assessment includes: Dietary Analysis, Oral Exam, Saliva Tests, Bacteria Tests and an assessment of your current Oral Hygiene care at home. A report will be prepared and presented one week later where our Dental Team will answer questions and make recommendations.

What are the risks?

A Decay Management Program has no risk or complications, only that you may become obsessive with looking after your teeth and look at your diet differently forever! No more Dental Decay too!

A Decay Management Program is suitable for all patients At-Risk of Dental Decay.

How do I prepare for the Treatment?

To prepare you need to complete the forms required including a dietary analysis and hygiene analysis. There is no eating or drinking one hour prior to your first appointment.

Time	TYPE & VOLUME CONSUMED
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09:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
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What is happening in your Mouth?

Plaque: The more acid your plaque and production of plaque under stress is a major cause of decay. The more plaque you have, the more acid it produces and the more damage it does to your teeth.

Cracks: Your gums are healthy, with no bleeding. Brush twice daily morning and evening.

Costs: The more you brush, the more you clean. Brush and floss twice daily to prevent decay. Brush with fluoride toothpaste and floss daily.

Drinks: Water with fluoride is best. Avoid sugary drinks. Avoid acidic drinks. Avoid carbonated drinks. Avoid alcohol.

Hygiene: Your teeth should not feel soft. Only use toothpaste. Brush for 2 minutes. Brush twice daily.

Oral Hygiene Status: [Progress bar from 0 to 100%]

Diet Status: [Progress bar from 0 to 100%]

Habits: [Progress bar from 0 to 100%]

Oral Hygiene Tips

Brushing: Brush twice daily for 2 minutes. Use a soft toothbrush. Brush with fluoride toothpaste. Brush with the correct technique.

Flossing: Floss once daily. Use a piece of floss about 18 inches long. Curve the floss around each tooth. Move the floss up and down the side of each tooth.

Mouthwash: Use a fluoride mouthwash. Rinse for 30 seconds. Use twice daily.

Water: Drink water throughout the day. Fluoridated water is best.

Diets: Eat a healthy diet. Avoid sugary and acidic foods. Eat a variety of fruits and vegetables.

Smoking: Avoid smoking. Smoking increases the risk of decay and gum disease.

Recommendations

Oral Hygiene:

1. Tooth-brushing
 - a. Twice a Day
 - b. Toothbrush Type - Manual Electric
 - c. Toothpaste Recommended Colgate Total Sensitive Toothpaste Fluoride 1000 Toothpaste
2. Flossing
3. Mouthwash - Colgate
4. Additional Care

Diet:

1. Limit Sugars
2. Limit Acids
3. Hydration

Professional Care:

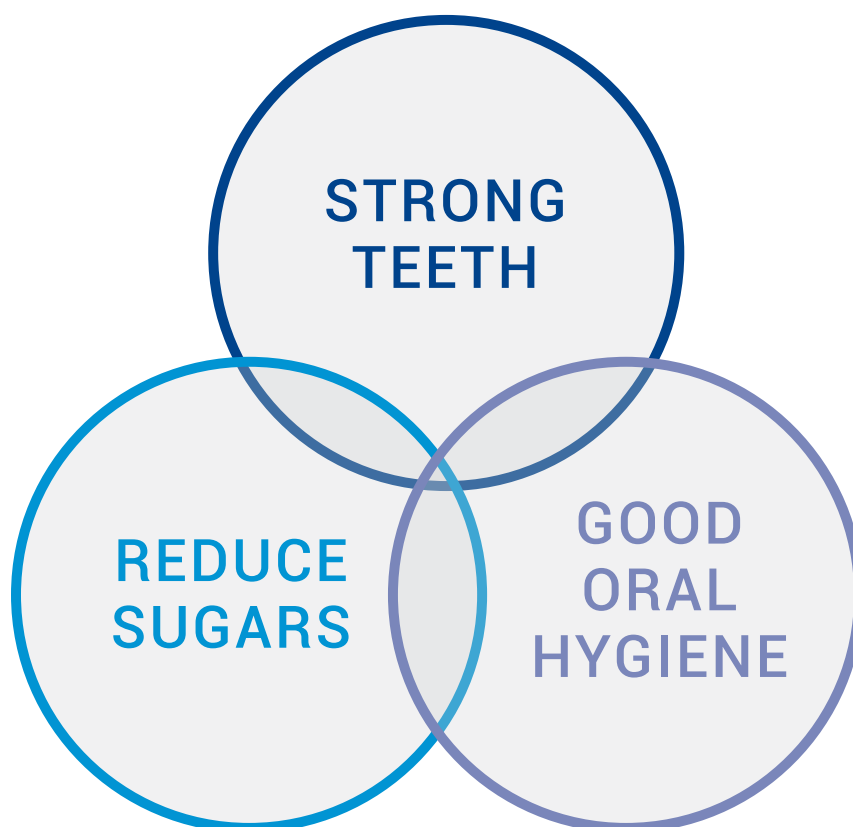
1. Check-up with Dental team 6-12 Months
2. Changing Diet and Oral Hygiene Habits
3. X-Rays of Teeth every Two Years
4. Teeth Whitening Treatments every 6-12 Months

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Dietary Analysis

Hygiene Analysis



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