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DECAY MANAGEMENT



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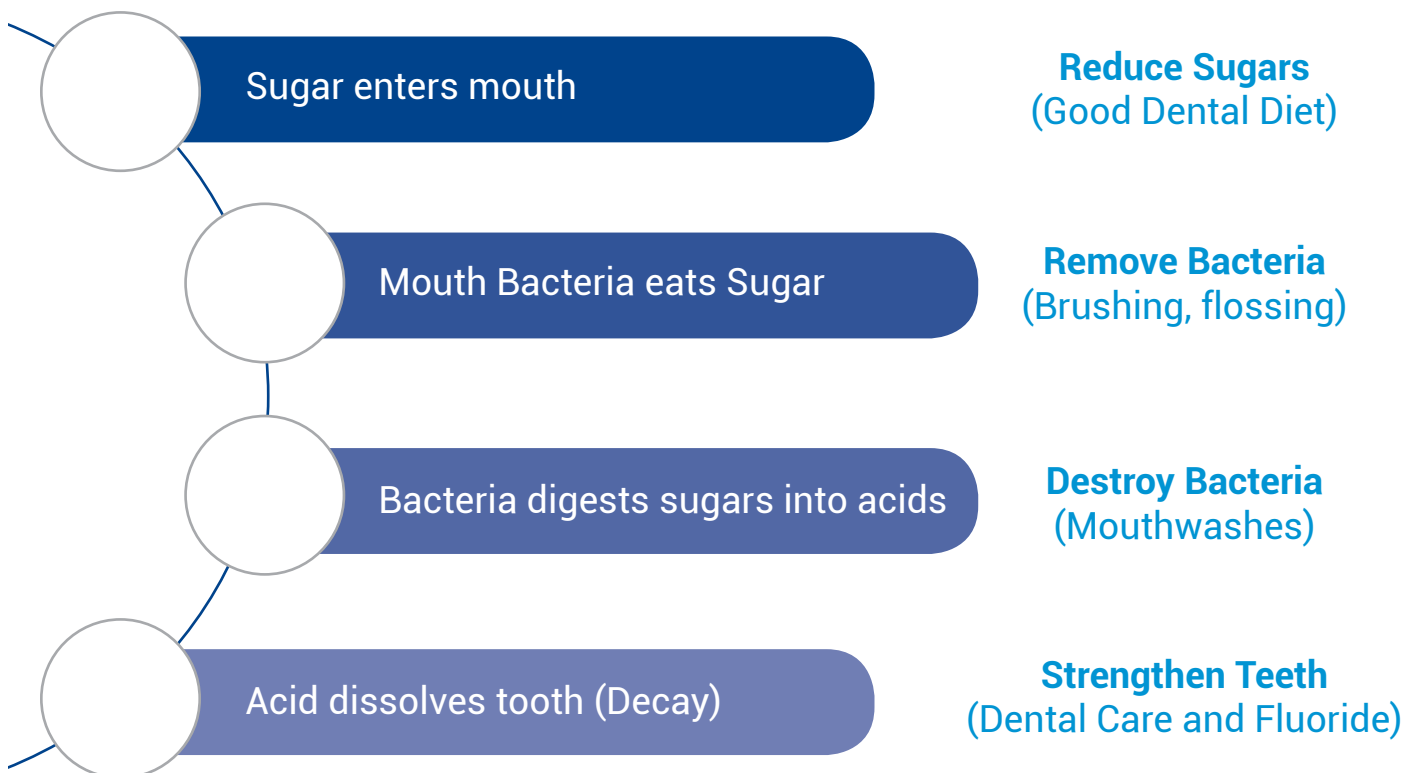
MANAGING DECAY IS ALL ABOUT PREVENTING AND CHANGING THE ENVIRONMENT INSIDE YOUR MOUTH TO INHIBIT THE FORMATION OF NEW DECAY

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.

DIETARY ANALYSIS FORM

Dietary Analysis Day 1

Patient Name: _____
Date: _____

Please note all food and liquid consumption and drinking habits below.

TIME	TYPE & VOLUME CONSUMED
08:00	
09:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	
21:00	
22:00	
23:00	
00:00	
01:00	
02:00	
03:00	
04:00	
05:00	
06:00	
07:00	

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Smile Artistry Dental Practice, 11000 Highway 101, Suite 101, Richmond, BC V6V 1G7, Canada
Tel: 604-273-1111
www.smileartistry.com



What is happening in your Mouth?

Plaque: The more acid your plaque and germs produce, the more likely you are to get a cavity. Our Hygienist will check your plaque and germs on your teeth.

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

Costs: The more you brush with toothpaste, the more you brush and floss, the less likely you are to get a cavity. Brush with fluoride toothpaste and floss daily.

Brush: The more you brush with toothpaste, the more you brush and floss, the less likely you are to get a cavity. Brush with fluoride toothpaste and floss daily.

Hygiene: The more you brush with toothpaste, the more you brush and floss, the less likely you are to get a cavity. Brush with fluoride toothpaste and floss daily.

Oral Hygiene Status: [Progress bar showing 100%]

Diet Status: [Progress bar showing 100%]

Habits: [Progress bar showing 100%]

Oral Hygiene Tips

Brushing: Brush twice a day with fluoride toothpaste. Use a soft-bristled toothbrush and brush for 2 minutes. Don't forget to brush your tongue.

Flossing: Floss once a day to remove plaque and food particles between your teeth.

Mouthwash: Use an alcohol-free mouthwash to kill bacteria and freshen your breath.

Water: Drink plenty of water to keep your mouth hydrated and help wash away plaque.

Chewing Gum: Chew sugar-free gum to stimulate saliva production and help protect your teeth.

Regular Check-ups: Visit your dentist and hygienist regularly for professional cleanings and exams.

Recommendations

Oral Hygiene:

1. Brush twice a day with fluoride toothpaste.
2. Floss once a day.
3. Use an alcohol-free mouthwash.
4. Drink plenty of water.
5. Chew sugar-free gum.

Diet:

1. Limit Sugars
2. Limit Acids
3. Hydration

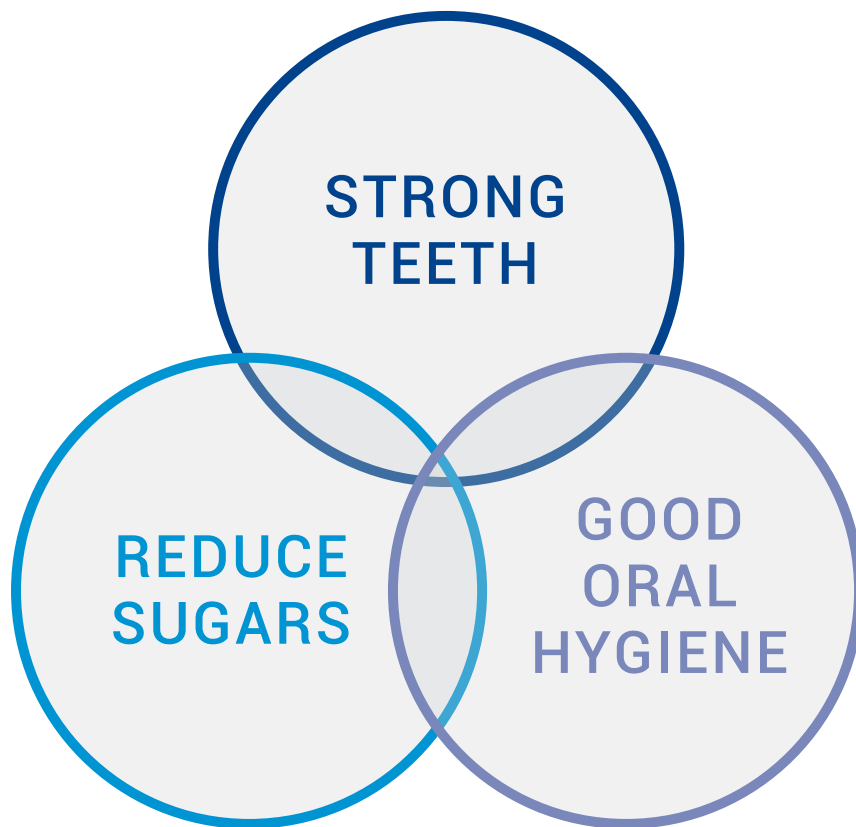
Professional Care:

1. Check-up with Dentist every 6-12 Months
2. Cleaning of Teeth and Gums every 6-12 Months
3. X-Rays of Teeth every 1-2 Years
4. Teeth Whitening Treatments every 6-12 Months

Smile Artistry
Smile Artistry Dental Practice
11000 Highway 101, Suite 101, Richmond, BC V6V 1G7, Canada
Tel: 604-273-1111
www.smileartistry.com
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Dietary Analysis

Hygiene Analysis



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Level One, 31 Sherwood Road
Toowong, Brisbane, Queensland 4066

(07) 3870 3333
info@brisbanesmiles.com.au
www.brisbanesmiles.com.au

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