

Are you at HIGH RISK for CAVITIES?

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Are you at HIGH RISK for cavities?

You may indeed be at *high risk* for cavities if....

- You had a new cavity or cavity around an old filling in the last three years
- You lost a tooth due to a cavity in the last three years
- You have visible plaque on your teeth
- You have dry mouth or take medications which reduce saliva
- You have exposed roots
- You wear a partial denture
- You have frequent snacks or high sugar intake
- You are undergoing orthodontic treatment (“braces” or Invisalign)

If you are at a HIGH RISK for cavities, might we suggest:

AT HOME:

Toothbrushing – Be very thorough and take your time – minimum 2 minutes, 2 times/day with a fluoridated toothpaste; ensure you are brushing to the gum line; it is most important to brush BEFORE bed, with no further eating/drinking (except water) afterwards

Cleaning between the teeth – there are many tools available including floss, floss wands, softpicks, and proxa brushes

Consider a POWER toothbrush

FLUORIDE

- At home use of a toothpaste with EXTRA fluoride (such as Prevident 5000, ClinPro 5000) – these toothpastes contain 5000ppm fluoride. Available at local pharmacies over-the-counter, but it may be kept behind the pharmacy desk
- Daily fluoride rinse - choose an *anti-cavity fluoride mouthwash* – *Opti Rinse* or *Oro Naf* (with .05% fluoride content) are available at the pharmacy counter. Use before bed, after brushing and flossing, with no more food thereafter.
- In-office fluoride treatment – fluoride gel or application of a fluoride varnish every 4, 6 or 9 months; if you are an adult and have a dental benefit plan, this may not be a covered procedure, but may be really rewarding long-term. Ask us more!

DIET

- Avoid sugary beverages (includes pop, fruit juices, coffee/tea with sugar, energy and sports drinks). Maximum exposure of teeth should be 15 minutes, 3xd (preferably at meal times)
- Choose water more often
- Avoid sipping on sugary beverages between meals. This increases exposure time to teeth.
- Avoid chewing gums/mints/lozenges that contain sugar
- Avoid snacking between meals... especially sticky, sugary or high carbohydrate foods. Consider foods like cheese/nuts/vegetables
- Consider using a straw, avoid swishing sugary beverages
- Consider rinsing with water after sugary/acidic beverages
- Keep structured meal times, avoid grazing and exposing teeth more frequently

For patients with *dry mouth*:

- Drink water more often
- Try Biotene products (rinses, lozenges, saliva substitutes)
- Avoid candies/chewing gums that contain sugar