



DENTAL CLINIC

PREVENTING CAVITIES



Dr Richa Raj

Dental Surgeon

Pearly White Dental Center

Eating a lot of sweets may satisfy your 'sweet tooth', but too much of it might damage your pearly whites. By following a few common practices, those who consume more sugar than average can keep their teeth healthy. Here are a few tips that can help prevent cavities for those who can't resist sweets:

Moderation is the key. Monitor and limit the amount of sugary foods and candy you eat.

If you eat sweets, go for those that clear out of your mouth quickly. Those that stick to your teeth such as lollipops, caramels, jellybeans and hard candies make it difficult for saliva to wash the sugar away.

Consume sugary foods with meals. If you crave a snack in between meals, choose nutritious foods and consider chewing sugarless gum afterward. Sugarless gum increases saliva flow and helps wash out food and decay-producing acid.

The key to prevent cavities

After eating sugary foods, your mouth must not remain coated with the acid-forming sugars and other carbohydrates found in sweets. For this, follow the following steps:

- **Brush often.** Both adults and children should brush twice a day using soft a toothbrush and fluoride toothpaste. Do not eat candy and go to bed without brushing your teeth. Take time - at least three minutes - to thoroughly brush your teeth.
- **Change your toothbrush every three to four months.**

Rinsing and Flossing

- Drink more water. Consuming fluoridated water can help prevent tooth decay.
- Use a fluoride rinse to remove as much sugar and sticky residue as possible. While mouth rinses that contain fluoride are ideal, even rinsing your mouth with plain water can help when no other option is available.
- Floss once a day to remove plaque between your teeth where your toothbrush does not reach.

Visit your dentist.

- Visit your dentist at least twice a year for a thorough dental cleaning. Your dentist can spot early signs of cavities, which is more easily treated when