

## WHAT IS PREVENTIVE DENTISTRY?

Preventive dentistry is the modern way of reducing the amount of dental treatment you need to maintain a healthy mouth. It helps you to keep your teeth and dental implants for life. The two major causes of tooth loss are decay and gum disease. The better we prevent or deal with these two problems, the more chance you have of keeping your teeth for life.

The joint efforts of Diamond Dental Care & Implant Centre and yourself can help prevent the need for treatment. This avoids the traditional pattern of fillings and extractions. We may recommend a course of treatment to get your mouth into good condition and a maintenance plan to help you keep it that way.



## CAN EVERYBODY BENEFIT FROM PREVENTIVE DENTISTRY?

Preventive dentistry will benefit everyone; even those without their own natural teeth or with dental implants. If you don't have any teeth you can also benefit because conditions such as mouth cancer and denture stomatitis can be spotted during your regular visits to us and then treated. It is never too late to start.

## WHAT IS INVOLVED?

We will first assess your teeth, dental implants and gums, then discuss any treatments that you need. The main aim is to help you get your mouth healthy, to try and prevent any dental problems from returning. In a healthy mouth, decay and gum disease are unlikely to continue being a problem.

- We will thoroughly 'scale and polish' your teeth.
- We will show you the best methods of brushing and flossing to remove bacterial 'plaque' which constantly forms. When you eat or drink something sugary, the plaque turns the sugar into acid which will cause tooth decay. Plaque will also cause gum inflammation if it is not regularly and thoroughly removed. The hard tartar (calculus) which builds up on your teeth also starts off as plaque.
- You will be told which oral care products are the best ones for you to use.
- We will probably discuss diet and any habits such as smoking and drinking with you.
- We will also make sure that your fillings are in good repair and there are no rough edges to make cleaning difficult.





### WILL DIAMOND DENTAL CARE & IMPLANT CENTRE RECOMMEND TREATMENT?

We will often recommend treatment to reinforce a tooth to make sure that it does not break. For example, if we see that a tooth is cracked or is weak and in danger of breaking, we may advise a new filling or perhaps a crown or 'onlay' to protect it. This is always better than waiting for the breakage to occur and then working out the best way to deal with the dental emergency.



### WHAT ELSE CAN DIAMOND DENTAL CARE & IMPLANT CENTRE DO TO HELP PREVENT TOOTH DECAY?

Fluoride helps resist decay. If we feel that you would benefit from additional fluoride, we may recommend a high fluoride toothpaste (adults only). We may also suggest a product called Tooth Mousse which helps restore calcium levels back into your teeth.



### WHAT ARE PIT AND FISSURE SEALANTS?

The biting surfaces and grooves of children's teeth can be protected by applying 'sealants'. These make the tooth surface smoother and easier to clean, thereby preventing decay forming in hard to clean areas.

### CAN DIET AFFECT MY TEETH?

Food and drinks containing sugars cause decay. If you cut down on how often you have sugary snacks and drinks, this will help considerably. Foods such as cheese, fruit, nuts and vegetable make good substitutes.



### WHAT IS DENTAL EROSION?

Dental erosion is the loss of enamel caused by acid attack. Discomfort and sensitivity result from enamel being worn away. Erosion is a huge problem today due to the quantity of fizzy drinks people consume.

### CAN SMOKING AND DRINKING AFFECT MY TEETH AND GUMS?

Yes. Smoking can cause tooth staining, gum disease, tooth loss, implant loss and mouth cancer. If you smoke you may need to visit us more often, but the best advice is to try and give up. Alcoholic drinks can also cause mouth cancer and if you smoke and drink you're more at risk.

At routine examinations we always check your mouth for signs of oral cancer. Some alcoholic drinks contain high sugar levels and some mixed drinks contain acids. So they can cause decay and erosion if you drink them often.





### WHAT CAN I DO AT HOME?

It is very important that you maintain a good routine to keep your teeth and gums healthy at home.

We recommend that you:

- Brush your teeth twice a day with fluoride toothpaste. This will mean brushing as you have been shown.
- Use interdental brushes or floss your teeth and implants. Brushing alone only cleans up to 60% of the surface of your teeth.

### IS THERE ANYTHING ELSE I CAN DO?

Yes. You can take other steps to prevent tooth loss, decay and the need for treatments.

- Cut down on how often you have sugary snacks and drinks.
- Saliva is nature's mouthwash which protects your mouth. In order to have a healthy amount we need to keep hydrated (drink plenty of water) and avoid too much caffeine which causes dehydration (cut down on coffee, tea and cola drinks).
- Visit us at least every 6 months.



### WHAT ORAL CARE PRODUCTS SHOULD I USE?

Most people are fine with one of the better known brands of toothpaste containing fluoride. If however you suffer from sensitive teeth, we can recommend an alternative toothpaste for you. If you have had a lot of fillings in the past or need them now, then we recommend and provide a higher fluoride toothpaste (adults only).

Tooth Mousse is a product which helps put calcium back into teeth. We have gels to relieve the discomfort of a dry mouth.

Adults should use a toothbrush with a small to medium sized head and soft to medium filaments (bristles). Powered toothbrushes are proven to be at least 25% more effective than manual toothbrushes at removing plaque. If you are unsure which suits your needs best, please ask us for advice.

Diamond Dental Care & Implant Centre is dedicated to promoting a high standard of quality in both dentistry and customer care. We have created a relaxed and inviting environment for you to visit and a comfortable and enjoyable workplace for us to work in.

Our priority is to achieve and maintain your dental health. We take great care in helping you understand any treatment in terms of benefit to you as well as time and costs involved.

If there is anything that you wish to discuss with us, please call us on (07) 5477 0889. Alternatively you can send us a question by email [info@diamonddentalcare.com.au](mailto:info@diamonddentalcare.com.au) at any time.

We look forward to seeing you!

