

Caries Management for Moderate Risk Adult

“Dental caries” is the scientific term for tooth decay or cavities. It is caused by certain bacteria in your mouth that produce an acid that wears away the enamel and the underlying structure in your teeth. Genetics, lifestyle and oral care habits all influence the level and impact of these bacteria in your mouth. “Moderate risk” adults are those with a history of cavities, or those who are slightly more at risk of developing cavities.



Toothpaste - Carifree CTx4 1100/5000. Use 2x daily and swish for 30 seconds before spitting out residual.



Interdental Cleaning – We have several options available. Ask your hygienist about what may work best for you that when cleaning between the teeth.



Fluoride - Professionally applied fluoride varnish to help prevent cavities and protect healthy tooth structure.



Exams - Routine X-rays and exam every 6 months for early detection.

Why these recommendations?

Toothpaste: not all toothpastes are equal in fighting cavities. There are options available that can actually reverse early cavities and protect the enamel from the acid that causes cavities. Toothpastes having a higher fluoride concentration are best able to achieve this.

Interdental Cleaning: while floss is the main way people clean between their teeth, there are many options available. Not only do interdental cleaning aids promote healthy gums, they also remove the cavity-causing bacteria from in between the teeth, reducing the chance of a cavity forming.

Exams: more frequent check-ups allow us to catch things early and intervene when necessary. In the long term, this can result in less complex dental treatments for you

What should I avoid?

Abrasive Toothpastes: abrasive toothpastes remove the natural, vital tooth structure which cannot be replaced. This may create sensitive and susceptible areas of the tooth which are more vulnerable to bacterial attack. Typically whitening toothpastes are more abrasive and should be avoided.

Highly acidic food and drink: acidic food or drink can dissolve the crystalline structure that makes up tooth enamel. In addition, a more acidic environment favors the bacteria that form cavities. We recommend that you avoid highly acidic foods or such as carbonated beverages, fruit drinks, citrus fruits.

Frequent sugar exposures: when it comes to sugar and cavities, frequency of sugar consumption is the most important thing. Constant sugar exposure throughout the day keeps the bacteria to keep producing acids and wearing away your tooth structure. Even a small amount of sugar is all it takes! We recommend trying to reduce the frequency of sugar consumption as much as possible.