

Tooth Decay

To book an appointment at Avondale house Dental Surgery as either an existing or new patient please give our reception team a call on **01889 582 080** or visit our website to book your appointment online.

Tooth decay can occur when acid is produced from plaque, which builds up on your teeth.

If plaque is allowed to build up, it can lead to further problems, such as dental caries (holes in the teeth), gum disease or dental abscesses, which are collections of pus at the end of the teeth or in the gums.

How plaque causes tooth decay

Your mouth is full of bacteria that form a film over the teeth called dental plaque.

When you consume food and drink high in carbohydrates – particularly sugary foods and drinks – the bacteria in plaque turn the carbohydrates into energy they need, producing acid at the same time.

If the plaque is allowed to build up, the acid can begin to break down (dissolve) the surface of your tooth, causing holes known as cavities.

Once cavities have formed in the enamel, the plaque and bacteria can reach the dentine (the softer, bone-like material underneath the enamel). As the dentine is softer than the enamel, the process of tooth decay speeds up.

Without treatment, bacteria will enter the pulp (the soft centre of the tooth that contains nerves and blood vessels). At this stage, your nerves will be exposed to bacteria, usually making your tooth painful.

The bacteria can cause a dental abscess in the pulp and the infection could spread into the bone, causing another type of abscess.

Symptoms of tooth decay

Tooth decay may not cause any pain. However, if you have dental caries you might have:

- toothache – either continuous pain keeping you awake or occasional sharp pain without an obvious cause
- tooth sensitivity – you may feel tenderness or pain when eating or drinking something hot, cold or sweet
- grey, brown or black spots appearing on your teeth
- bad breath
- an unpleasant taste in your mouth

Seeing a us Avondale House Dental Surgery

Visit your dentist regularly, so early tooth decay can be treated as soon as possible and the prevention of decay can begin. Tooth decay is much easier and cheaper to treat in its early stages. Dentists can usually identify tooth decay and further problems with a simple examination or X-ray.

It's also important to have regular dental check-ups. Adults should have a check-up at least once every two years and children under the age of 18 should have a check-up at least once a year. Your dentist will discuss your individual needs and advise the best recall based on your individual needs. To ensure that we can make sure you are seen at The correct interval we are able to send email reminders – please ensure we have your most recent and up to date details. When you receive your reminder you can book your appointment at Avondale House Dental Surgery by using our online booking system that can be found on our website or by calling us 01889 582 080.

Treatments for tooth decay

Treatment of tooth decay depends on how advanced it is.

- **For early stage tooth decay** –your dentist will talk to you about the amount of sugar in your diet and the times you eat. They may apply a fluoride gel, varnish or paste to the area. Fluoride helps to protect teeth by strengthening the enamel, making teeth more resistant to the acids from plaque that can cause tooth decay.
- **Your dentist may discuss a filling or crown with you** –this involves removing the dental decay, offering local anaesthetic to numb the tooth and filling the hole.
- **If tooth decay has spread to the pulp (in the centre of the tooth, containing blood and nerves)** –this may be removed in a process known as root canal treatment.
- **If the tooth is so badly damaged that it can't be restored** –it may need to be removed.

At Avondale House Dental Surgery we are able to offer silver Amalgam and more cosmetic tooth colored fillings, these are also available as a private treatment option. If you would prefer to have more cosmetic tooth colored private fillings then please discuss this with one of dentists who will be able to discuss tooth suitability and give you a full treatment plan.

Preventing tooth decay

Although tooth decay is a common problem, it's often entirely preventable. The best way to avoid tooth decay is to keep your teeth and gums as healthy as possible. For example, you should:

- **visit your dentist regularly** –your dentist will decide how often they need to see you based on the condition of your mouth, teeth and gums
- **cut down on sugary and starchy food and drinks**, particularly between meals or within an hour of going to bed – some medications can also contain sugar, so it's best to look for sugar-free alternatives where possible
- **look after your teeth and gums** –brushing your teeth properly with a fluoride toothpaste twice a day, using floss and an interdental brush at least once a day

- **avoid smoking or drinking alcohol** excessively – tobacco can interfere with saliva production, which helps to keep your teeth clean, and alcohol can contribute to the erosion of tooth enamel
- **see your dentist or GP if you have a persistently dry mouth** –this may be caused by certain medicines, treatment or medical conditions

Protecting your child's teeth

Establishing good eating habits by limiting sugary snacks and drinks can help your child avoid tooth decay. Regular visits to the dentist at an early age should also be encouraged. It's important to teach your child how to clean their teeth properly and regularly. Your dentist can show you how to do this. Younger children should use a children's toothpaste, but make sure to read the label about how to use it.

Children should still brush their teeth twice a day, especially before bedtime.

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