



## **Prevention is better than fillings**

The Smile Clinic

### **WHAT DOES THIS MEAN?**

Your dentist is helping you to become dentally fit and healthy which involves controlling any problems you are experiencing at the time of your appointment as well as helping you reduce your risk of further problems.

### **HOW CAN I AVOID FUTURE PROBLEMS?**

The key to avoiding regular treatments is to assess your risk level which depends on your diet, fluoride exposure, general health and oral hygiene. Your diet should include avoiding fizzy drinks, acid foods, sweets, chocolates and sugar in teas/ coffees to name but a few. The fluoride exposure depends on how often you use a fluoride mouthwash and a fluoridated toothpaste which will have an influence on your oral hygiene when you brush your teeth and rinse regularly.

### **HOW CAN I HELP STABILISE MY CURRENT RISK?**

At home, additional to the above, you can chew sugar free gum containing xylitol which helps remineralise your teeth and your dentist may prescribe a high fluoride toothpaste to help strengthen the teeth.

### **HOW CAN MY DENTIST HELP?**

It is very important for the dentist not to jump in and make you dentally fit before performing a risk assessment. If you are at low risk of further dental or periodontal disease then the dentist will continue to provide any treatment necessary.

If you have been assessed as either at medium or high risk of recurrent disease then it is crucial to control the cause of this before proceeding as any treatment provided will be at a high risk of failure from recurrent disease and of further damage if the cause of the original disease has not been eliminated.

### **WHAT HAPPENS NEXT?**

You need to attend for regular appointments as prescribed by your dentist. Your dentist will regularly assess your risk level and provide you with the appropriate advice and treatment.