
Decay

Although tooth decay has declined among young children as a group, it can still be a problem for individual children, and even teens and adults. That's because plaque, a sticky film of bacteria, constantly forms on your teeth. When you eat or drink foods containing sugars or starches, the bacteria in plaque produce acids that attack tooth enamel. The stickiness of the plaque keeps these acids in contact with your teeth and after many such attacks, the enamel can break down and a cavity forms.

Preventing Decay:

- Brush your teeth twice a day with fluoride toothpaste.
- Clean between teeth daily with floss or an interdental cleaner.
- Eat a balanced diet and limit between-meal snacks.
- Visit our office regularly for professional cleanings and oral exams.
- Ask Dr. Rice about dental sealants, a protective plastic coating that can be applied to the chewing surfaces of the back teeth where decay often starts.