



Fighting dental decay is not as difficult as it may seem. Easy and simple things like brushing, flossing, eating raw fruits and vegetables, professional application of sealants and regular dental check up can help you win the battle against dental decay.

Q1. What is the main cause of dental decay?

A1. Already natural resident bacteria in mouth when combine with the long standing sugars and starch on teeth, they form acid which demineralises teeth and form small holes called cavities. These craters attract more food to collect and are perfect place for bacteria to grow. So, cavities once formed are a continuous progressive process which stops only after it is treated

Q2. What are the warning signs?

A2. Few of the following signs may be noted

- Ø Sensitivity to hot, cold or sweet
- Ø Food getting stuck in the teeth
- Ø Grey to brown discoloration of teeth
- Ø Pain is present in later stage

Q3. When does pain occur?

A3. Because of the anatomy of teeth, pain occurs only when the decaying process has reached the inner nerves of tooth at which time the tooth is treated with more invasive treatments such as RCT or other minor surgical procedures. So **WAITING FOR PAIN TO OCCUR CAUSES MORE DAMAGE**. Cavities at initial stage require simple fillings.