

How Do I Prevent Dental Decay? - Smile Solutions

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How Do I Prevent Dental Decay? - Smile Solutions Skip to content Book Appointment Now Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth TMD & Teeth Grinding Snoring & Sleep Apnoea Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Prosthodontists Oral & Maxillofacial Surgeons Periodontists Orthodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips About Us Why Choose Us Our Team Our Location Technology Before & After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Smile Solutions 13 Jun 2018 How Do I Prevent Dental Decay? What is Dental Decay? Dental decay is the process by which the hard outer layer of a tooth – the enamel – is broken down and the softer inside layer – called dentine – becomes infected by bacteria. As we use our teeth in the digestive system, they regularly come into contact with sugars and starches from food and drinks and form acids with our saliva. The acids attack the outside surface of our teeth (the enamel) causing it to weaken. This, in turn, can lead to destruction of the tooth over time and can cause cavities. What happens if I leave dental decay? There are different stages of tooth decay and each will present with different symptoms and risks. When decay first manifests, there are very few symptoms. As it advances and grows in size, it can cause sensitivity to hot and cold temperatures, as well as sugars. This can worsen into a constant throbbing ache. If left untreated, the tooth can become infected as the decay reaches the nerve. This can present with an abscess that can cause severe pain, facial swelling, and fever. In advanced stages, the affected tooth will require root canal treatment or may need to be removed. Once dental decay has occurred, the only way to correct it is by removing the rotting tooth material and replacing it with a filling. If this treatment is delayed, the infection will continue until the bacteria reach the pulp chamber, containing blood vessels and nerves, in the centre of the tooth. This is the stage at which a root canal treatment may be required. How do I prevent dental decay? Prevention starts with good oral hygiene . Oral hygiene is the process of cleaning the mouth and all of its structures – including the teeth, gums and tongue – and maintaining that cleanliness over time. It needs to be done regularly and consistently – preferably twice daily, every day. The appropriate tools to use include a manual or electric toothbrush, interdental/ interproximal brushes, dental floss, required. In other words, dental decay is a serious matter. It is best to be proactive with the home care of your teeth along with routine dental check-ups and dental cleans . Here are some things you can do to prevent the development of tooth decay: Use of fluoride , a mineral that helps strengthen the enamel. Fluoride can prevent the onset and progression of tooth decay, and even reverse, or stop, early-stage decay. Fluoride is found in most toothpastes and in Australian tap water A good at-home oral health routine ; it is recommended you brush your teeth with a fluoridated toothpaste for two minutes, twice daily, flossing between your teeth daily. Such toothpastes are available for both adults and children. This oral hygiene routine is vital to get rid of plaque deposits as these can cause decay Make smart food choices , limiting or eliminating foods that are high in sugars and starches. Eat nutritious and balanced meals Sugar-free chewing gum ; chewing gum can

help the formation of saliva which acts to wash away any residual food debris Quit smoking ; if you are a smoker, consider seeking help to cease the habit. Smoking is risk factor in a number of dental related ailments including tooth decay and gum disease Routine dental appointments ; regular dental checks and cleans allows both the prevention of tooth decay developing, as well as early stage diagnosis and treatment if necessary. As early-stage tooth decay rarely causes any symptoms, it is best left to the professionals to keep an eye on your oral health The placement of sealants in at-risk teeth ; if you have any teeth that have deep grooves (or fissures), your dentist may recommend sealing this area. This involves the placement of a non-invasive filling material, or fissure sealant . Teeth with deep grooves on their biting surface can often collect food debris that can cause cavities A visit to a dental hygienist will help you choose the right equipment and establish the correct methods for your particular dental hygiene needs. The hygienist will manually remove any bacteria-bearing plaque and calculus that have accumulated on your teeth, setting you up to maintain good hygiene practices at home. This minimisation of plaque in your mouth, combined with a dental friendly diet that limits starchy or sugary foods and sweet beverages , will see you well on the road to preventing dental decay. Articles from Smile Solutions View Blogs Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More View Blog Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today? Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■■ × 0 /1000 Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Close Book Now