



## How to Reduce your Dental Decay

**If you have a high rate of dental decay, Diana Dental would make the following recommendations:-**

- ◇ Brush twice daily with a toothpaste containing fluoride and triclosan, an anti-bacterial agent.
- ◇ Reduce the frequency of your sugar intake.
- ◇ Use a daily fluoride supplement: a fluoride mouthwash, fluoride gel or a fluoride tablet as recommended by your dentist.
- ◇ Attend for regular oral health assessment.

**Diana Road Dental Care will assist you by:-**

- ◇ Assessing your decay risk based on past and present decay.
- ◇ Treating your existing decay.
- ◇ Investigating your diet.
- ◇ Giving you dietary and cleaning advice.
- ◇ Applying topical fluorides where appropriate.
- ◇ Coating unfilled tooth surfaces with fissure sealants.
- ◇ Planning further reviews and x-rays at intervals based on your oral health risk.

**FOR MORE INFORMATION ABOUT PREVENTING DENTAL DECAY PLEASE CALL:- 01782 274911**