



## Top 10 Things You Can Do To Prevent Tooth Decay

1. Brush your teeth at least twice a day with fluoride-containing toothpaste. Preferably, **brush after each meal and especially before going to bed.**
2. **Clean between your teeth daily with dental floss** or interdental cleaners, such as the Oral-B Interdental Brush, Reach Stim-U-Dent, or Sulcabrush.
3. **Eat nutritious and balanced meals and limit snacks.** Avoid carbohydrates such as candy, pretzels and chips, which can remain on the tooth surface. If sticky foods are eaten, brush your teeth soon afterward.
4. **Visit your dentist regularly** for professional cleanings and oral exam.
5. **Treat any tooth decay as early as possible** to prevent further decay.
6. **Check with your dentist about use of supplemental fluoride,** which strengthens your teeth.
7. **Ask your dentist about dental sealants** (a plastic protective coating) applied to the chewing surfaces of your back teeth (molars) to protect them from decay.
8. **Drink fluoridated water.** At least a pint of fluoridated water each day is needed to protect children from tooth decay.
9. **Take Calcium,** as found in food such as milk and green vegetables, to protect against dental caries. It has been demonstrated that calcium and fluoride supplements decrease the incidence of dental caries.
10. **Chew gum that contains the sweetener Xylitol**--which temporarily retards the growth of bacteria that cause tooth decay.

Source: [DENTALBLOG.ESTHETIQUEDENTISTRY.COM](http://DENTALBLOG.ESTHETIQUEDENTISTRY.COM)

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