# How to Prevent Dental Caries

What Is Dental Caries?

Dental caries is the scientific term for tooth decay or cavities.

It is caused by specific types of bacteria.

They produce acid that destroys the tooth's enamel and the layer under it, the dentin.

Many different types of bacteria normally live in the human mouth.

They build up on the teeth in a sticky film called plaque. This plaque also contains saliva, bits of food and other natural substances. It forms most easily in certain places like cracks, pits or grooves in the back teeth, between teeth, around dental fillings or bridgework and near the gum line

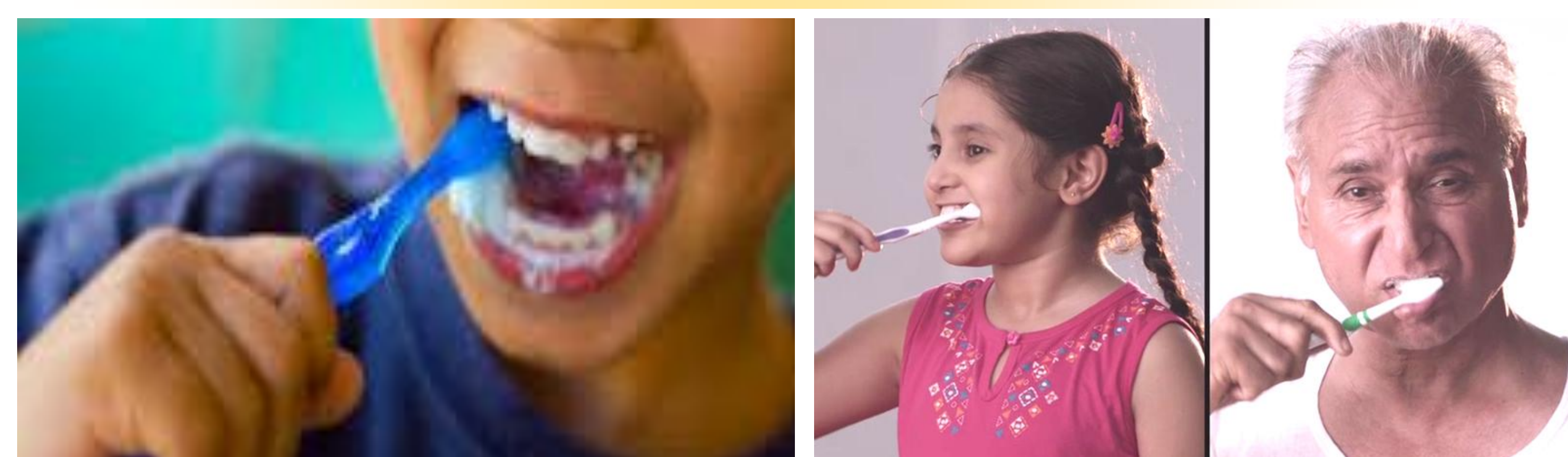DEMINERALISATION
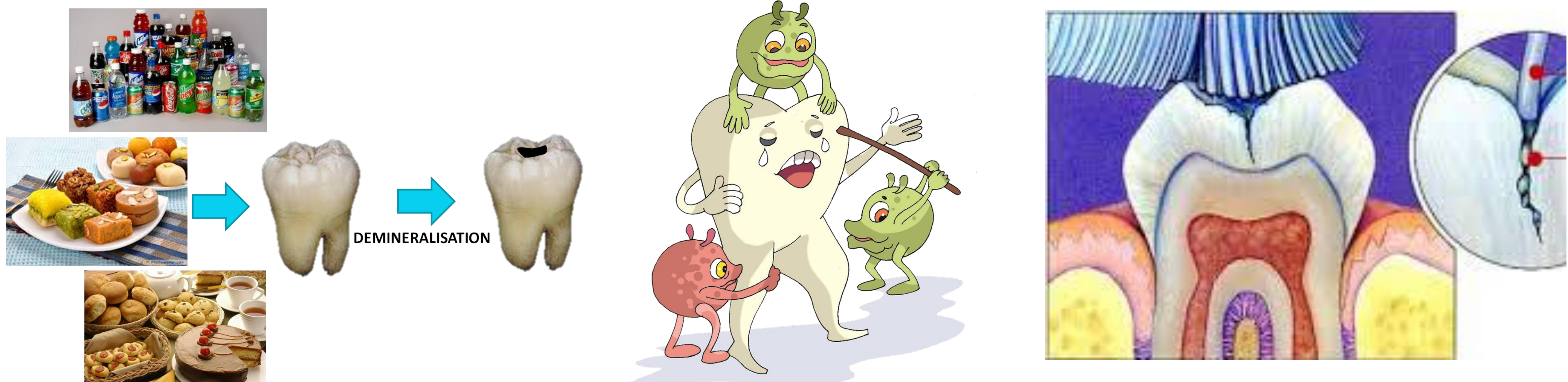
Decay near the gum line
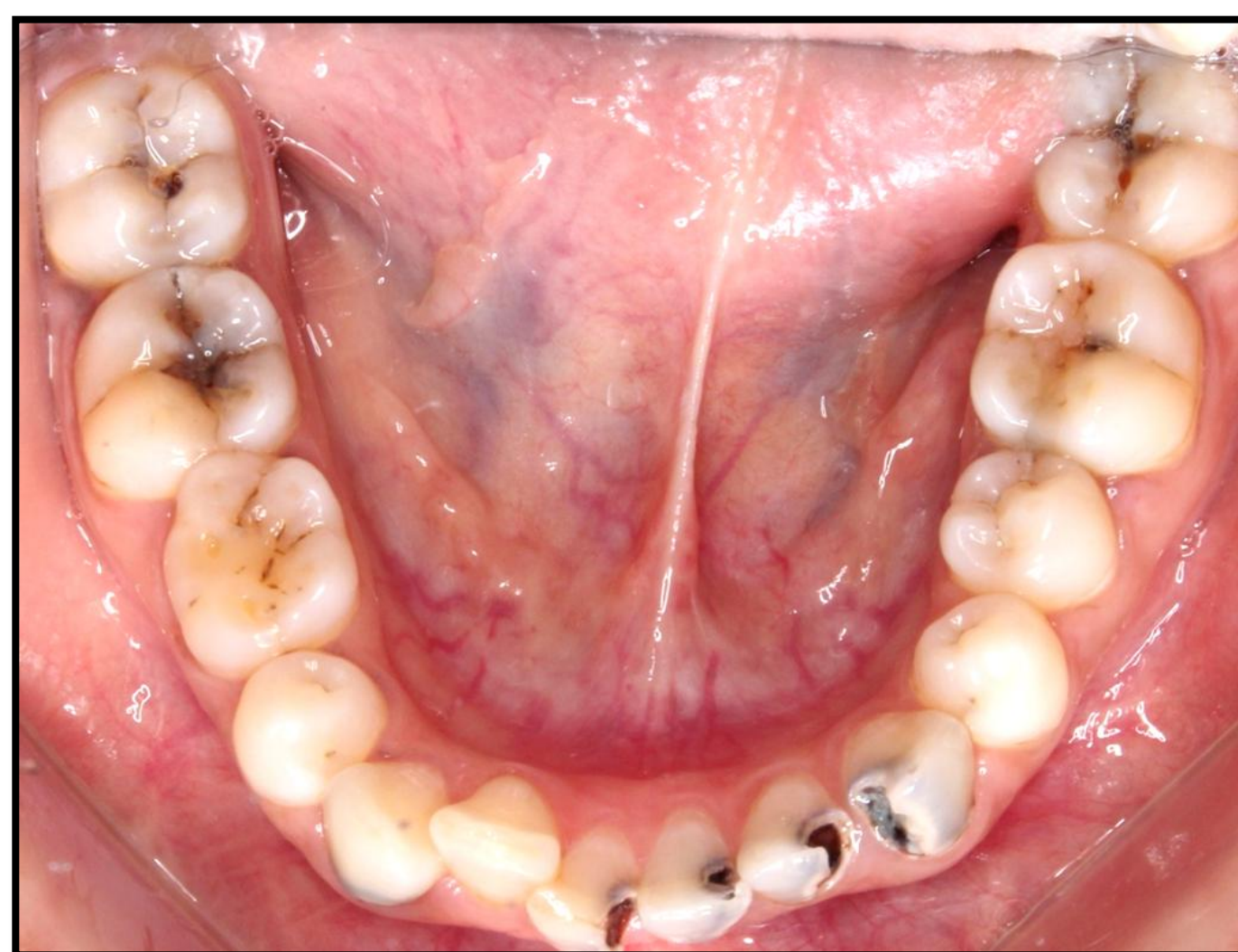
Decay on the pits and grooves of molar teeth
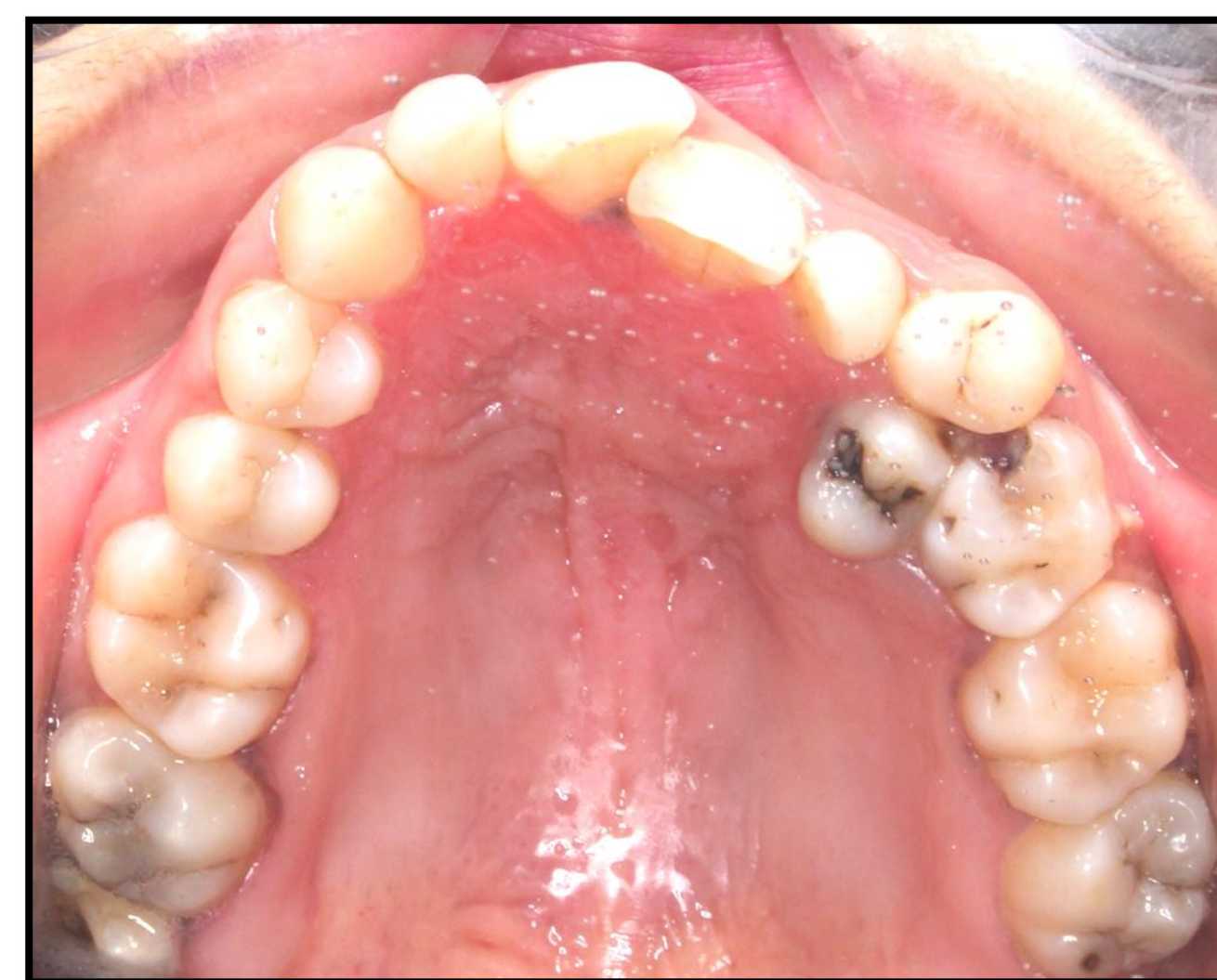
Decay in between two teeth
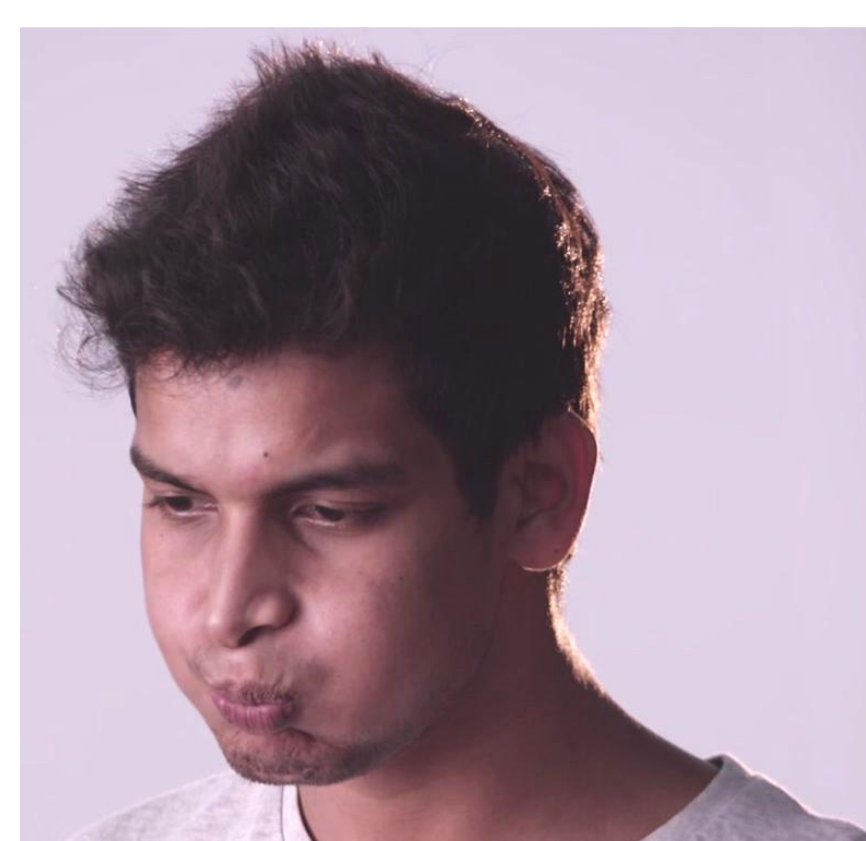
Prevention

At Home

Brushing twice a day definitely before going to bed every night and once after waking up every morning
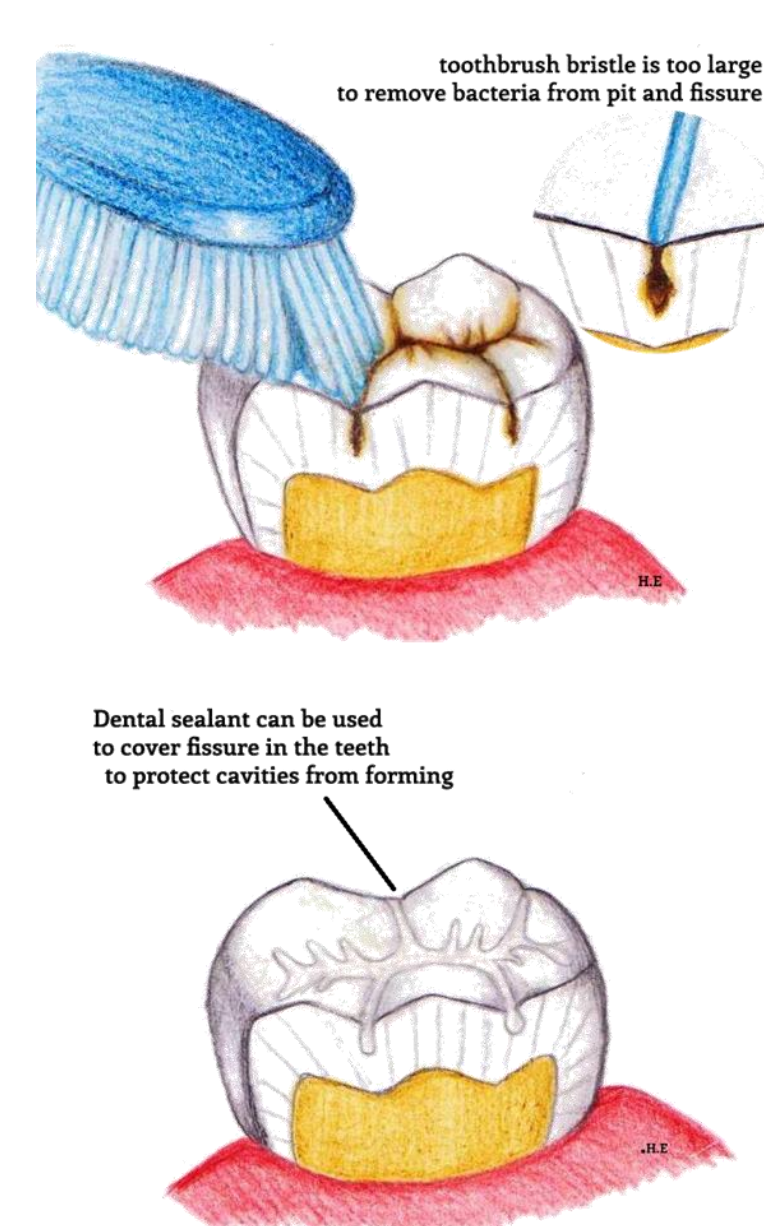

Rinsing with water after every meal

Avoiding unhealthy sweet and sticky food

Eat healthy

Dental Clinic/ Hospital

toothbrush bristle is too large to remove bacteria from pit and fissure

Dental sealant can be used to cover fissure in the teeth to protect cavities from forming
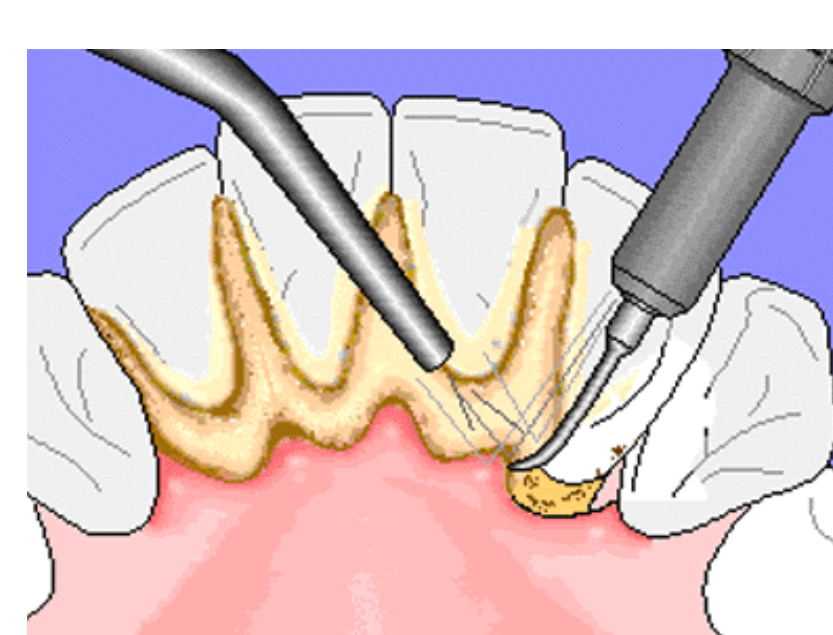
Sealing the pits and grooves of molars in children

Regular dental check up at least twice a year

Applying Fluoride Varnish

Restoring the teeth

Scaling to remove plaque