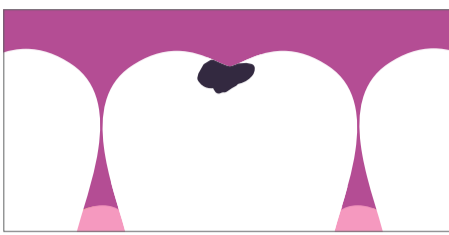


All about cavities and understanding them

Types of caries



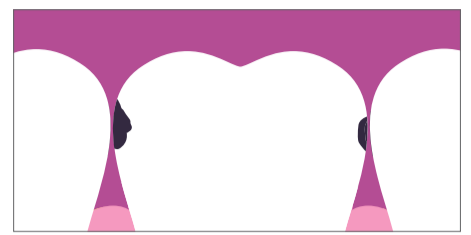
Occlusal

Caries that form on the biting surface of the teeth



Root

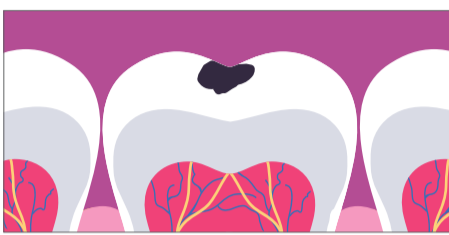
Caries that form at the base of the teeth



Interproximal

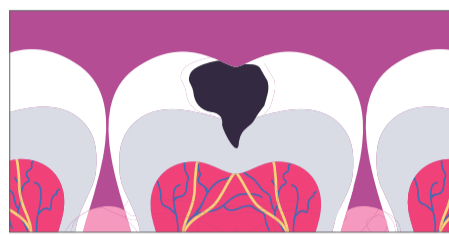
Caries that form in between teeth

Progression of caries



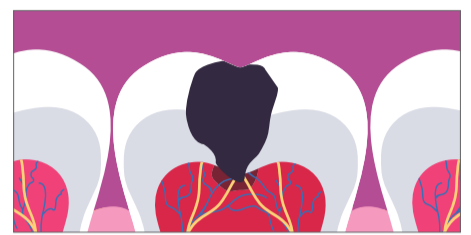
Decay in enamel

No pain



Decay in dentin

Painful



Decay in pulp

Very painful

Factors that can increase risk for caries



Oral health

- Poor oral hygiene
- Exposed root surfaces
- Dry mouth (xerostomia)
- Faulty fillings



Diet

- High sugar content
- High levels of starch



Medical conditions

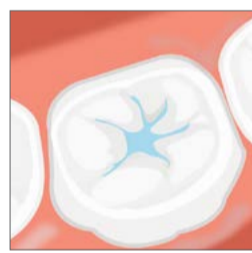
- Head and neck radiation therapy
- Eating disorders
- Substance abuse

Protective treatments



Fluoride treatment

Fluoride can be applied as a gel, foam or varnish. It may also be beneficial to switch to prescription-strength toothpaste or mouthwash depending on your personal needs.¹



Dental sealants

Dental sealants are thin, protective coatings applied to the chewing surfaces of molars. They're proven to reduce decay by nearly 80%.²

At-home tips for preventing caries

An effective daily oral care routine can help prevent cavities. Make sure to follow these simple steps.



Brush

Choose one designed to clean plaque deep between teeth. Brush your teeth with a fluoridated toothpaste twice a day for two minutes. The right tool and technique make all the difference.



Focus on gumline

For areas of recession, be sure to clean gently along the gumline.



Interdental cleaning

The spaces in between your teeth are home to harmful bacteria, so clean them thoroughly at least once a day for healthy gums.



Replace

Replace your brush head every three months for optimal results.



Checkups

Visit the dental office 2 times a year, and ask your dental hygienist about professional fluoride recommendations.

Solutions designed to remove plaque

Sonicare Power Flosser uses Quad Stream nozzle to create four wide streams that thoroughly clean between teeth and along the gumline. Up to 99.9% plaque removal in treated areas³ and up to 1.8x more effective than floss in improving gum health.⁴



Sonicare For Kids Help kids learn proper oral care with a power toothbrush designed to help them learn how to fight plaque buildup



Philips Sonicare power toothbrush handles

All Sonicare toothbrushes are clinically tested and precision balanced for a superior clean



Premium Plaque Defense and All-in-One brush heads

Both brush heads are clinically proven to provide superior plaque removal



1 <https://www.nidcr.nih.gov/health-info/tooth-decay/more-info/tooth-decay-process>

2 <https://www.mouthhealthy.org/en/az-topics/s/sealants>

3 in an in-vitro study, actual in-mouth results may vary

4 when used with Quad Stream nozzle on setting 8 with a manual toothbrush, vs. using a manual toothbrush with string floss