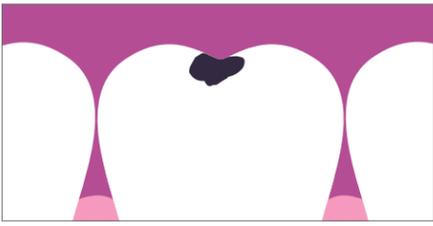


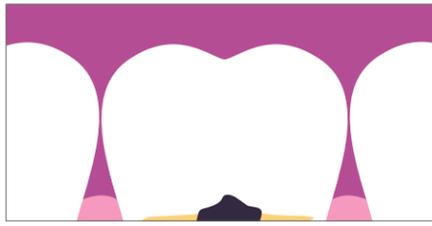
All about caries and how to prevent them

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

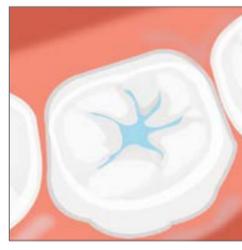
- Head and neck radiation therapy
- Eating disorders
- Substance abuse

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

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 for healthy gums.



Replace

Replace your brush head every three months for optimal results. Choose one designed to clean plaque deep between teeth.



Checkups

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

Solutions designed to fight plaque

Sonicare Power Flosser

Up to 2X more effective than floss in removing plaque between teeth and along the gumline³



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



BreathRx toothpaste
Fluoridated toothpaste helps protect against cavities with consistent oral hygiene practices



Philips Sonicare power toothbrush handles

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

Premium Plaque Control 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 When used with the Quad Stream nozzle on setting 8 with a manual toothbrush in patients with moderate to severe gingivitis vs. using a manual toothbrush with string floss