

Health Advice

How can I reduce my risk of dental decay?

You can help by:

- Brush twice daily with a toothpaste containing fluoride and Triclosan, an anti-bacterial agent. Examples are: Colgate Total, Crest Complete, Macleans Ultra, Mentadent P, Sensodyne F
- Use an inter-dental cleaning aid, dental tape or an inter space brush, to clean in-between your teeth where the tooth brush does not clean, every day
- Reduce the frequency of your sugar intake
- Attend for regular dental check-ups

The Lansdowne Centre can help 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 check-ups and x-rays at intervals based on your decay risk