Caries

Caries, holes in the teeth, is a disease that arises when harmful bacteria form acids on the teeth.

Why do I get holes?
When you eat or drink something that contains sugar or other carbohydrates, the bacteria react by forming harmful acids that corrode the teeth. The acid attack goes on for about half an hour. Normally, the saliva in the mouth repairs the damage on the enamel after an acid attack. If there is fluoride in your saliva, for example, if you brush your teeth every day with a fluoride toothpaste, the saliva's repair process will be more effective.

How do I avoid getting holes?
The most important thing is that you look after your oral hygiene and brush your teeth carefully twice a day with fluoride toothpaste and also clean in between your teeth. Then the bacteria will not get a foothold. Try to eat regularly and avoid nibbling in between meals. We recommend you eat four to six meals per day including snacks.

How will I notice that I have a hole?
An early attack of caries can be seen as a white mark or stripe on the tooth. An early stage of caries is not noticeable but when the hole gets deeper, you can sometimes feel tingling or shooting pains in the tooth. Another symptom is that the tooth feels sensitive when you chew. If you get toothache, that's a sign that the damage has already gone quite deep.

Increased risk of holes?
If you often get holes in your teeth, you may need to use extra fluoride, such as a daily mouthwash with fluoride, so as to protect your teeth better. You may also need to go to your dentist more frequently. Mouth dryness because of medication or illness can also increase the risk of holes in the teeth.

OUR BEST RECOMMENDATIONS

- **REGULAR MEALTIMES** (4-6 meals per day).

- **BRUSH YOUR TEETH** morning and night with a fluoride toothpaste.

- **GO FOR DENTAL CARE** regularly so as to prevent caries from arising.