

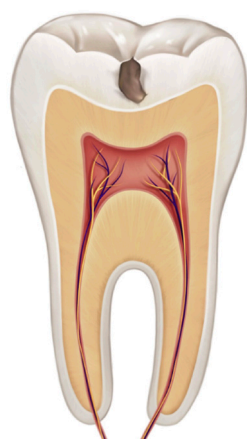
# Tooth Decay and Cavities Treatment



## Tooth Decay Stage 1

Treatment: Good oral hygiene

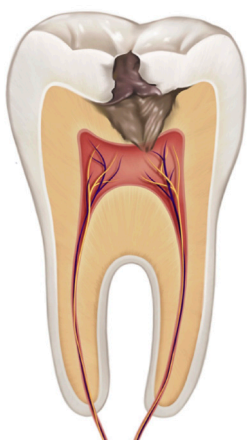
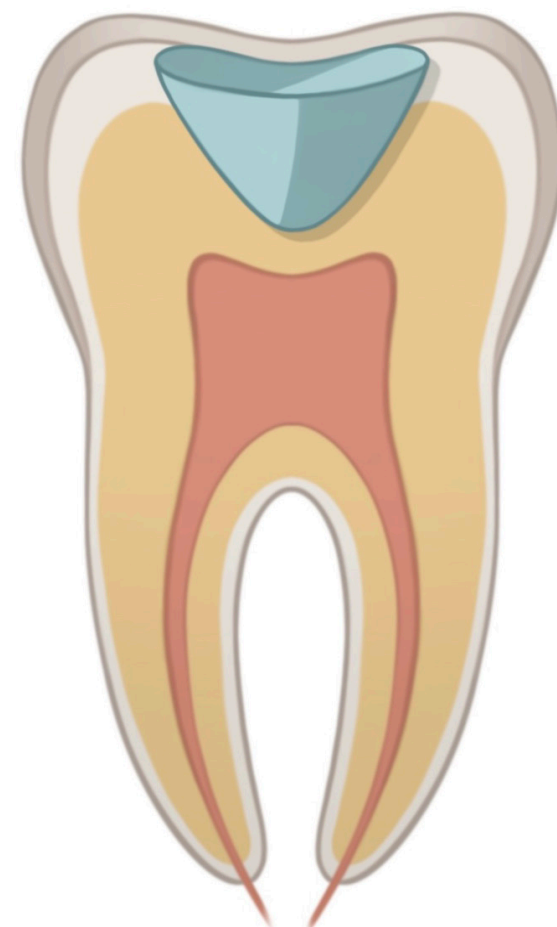
- Brushing, flossing, and rinsing
- Going to the dentist regularly
- Making healthy food and drink choices



## Tooth Decay Stages 2 & 3

Treatment: Fillings or SDF

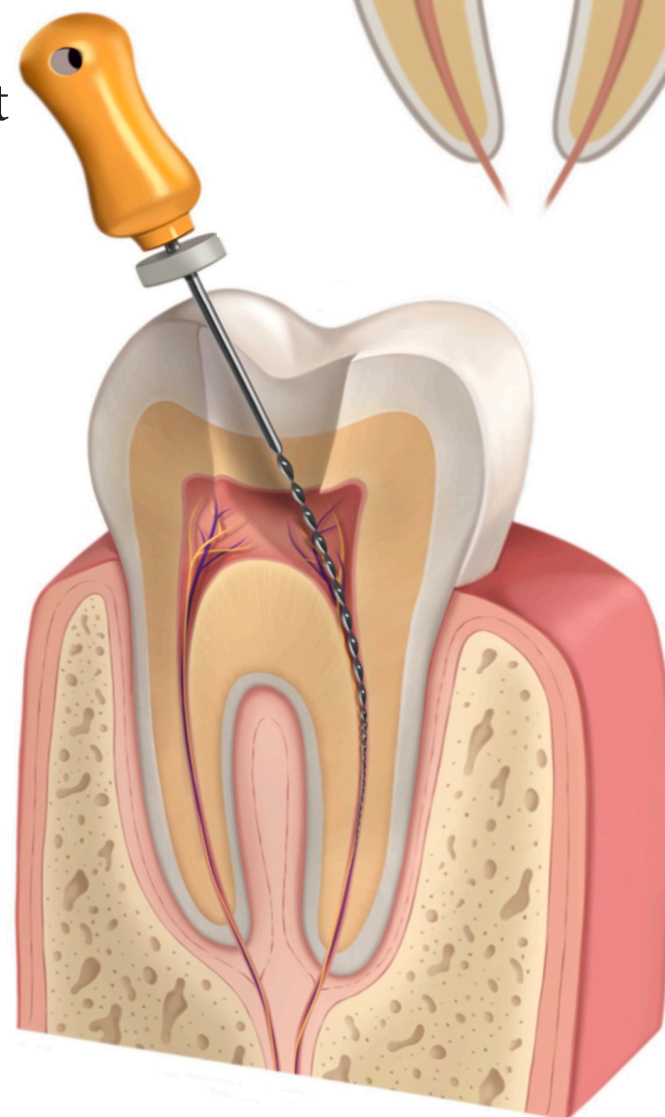
- A dentist will "clean" the cavity, removing the decay with a dental tool to make sure the filling attaches to a healthy part of the tooth
- Resin fillings that can match the color of your teeth are the most common type of filling material used today
- SDF is a liquid medication that rapidly hardens, "filling" the cavity and turning it black. SDF is mainly used as a cost-effective treatment for children in underserved communities when resin fillings are not available



## Tooth Decay Stages 4 & 5

Treatment: Root Canals or Extraction (tooth removal)

- Root canals remove infected tissues and nerves with a dental instrument, preparing (cleaning) the cavity for a filling
- After your tooth heals, you will return to your dentist for a crown that will help protect your tooth.
- Tooth extraction



## What Choices Can You Make to Lower Your Chances of Tooth Decay and Cavities?



- Choose sugar-free drink options over sugary drinks
- Switch your starchy (like potato chips) or sugary (like candy) snacks for crunchy vegetables
- Brush twice a day with a fluoridated toothpaste
- Floss and rinse with a non-alcoholic mouthwash
- Visit your dentist regularly

