

Bagaimanakah Reputan Gigi terjadi?

Reputan gigi (atau karies gigi) mungkin muncul apabila asid di dalam plak menyerang gigi anda. Plak ialah lapisan bakteria melekit dan tidak berwarna yang terbentuk pada gigi setiap individu setiap hari. Selepas anda makan, bakteria di dalam plak menghasilkan asid yang menyerang enamel gigi. Selepas diserang asid berulang-kali, enamel akan terurai dan reputan gigi mungkin bermula. Kanak-kanaklah yang paling mudah dijangkiti kavititi tetapi orang dewasa dari pelbagai umur juga boleh terjejas.

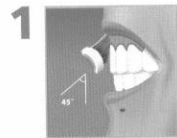
BAGAIMANA DOKTOR GIGI ANDA DAPAT MEMBANTU MERAWAT REPUTAN GIGI

- Doktor gigi anda dapat mengesan peringkat awal reputan gigi dan penyakit lain apabila anda diperiksa.
- Jika anda mengalami reputan gigi, doktor gigi anda akan menampal gigi tersebut untuk membantu menghalang kerosakan gigi daripada berlanjutan.
- Anda atau anak anda boleh memperolehi manfaat daripada sealant gigi, sejenis lapisan plastik yang digunakan untuk melindungi geraham gigi belakang daripada reputan.
- Doktor gigi anda akan mengajar anda bagaimana memberus, flos gigi dengan cara yang betul dan juga menjelaskan cara pemakanan seimbang untuk memupuk kesihatan gigi.
- Pembersihan kerap oleh para profesional boleh menanggalkan plak yang terbentuk pada gigi di atas dan bawah gusi.
- Untuk kanak-kanak dan orang dewasa yang cenderung mengalami gigi reput, doktor gigi anda mungkin menggunakan larutan fluorida pada gigi anda.

Apakah langkah untuk menghindari Reputan Gigi?

Berus gigi

selama 2 minit dua kali sehari setiap kali selepas makan



Letak berus gigi 45 darjah pada gusi.



Berus permukaan luar dan dalam secara bulatan.



Berus permukaan gigi dalam dengan gerakan kecil, ke atas dan ke bawah dengan menggunakan hujung berus.



Untuk membersihkan permukaan mengunyah, berus dengan gerakan mundur-mandir.

Untuk perlindungan ekstra, gunakan ubat gigi berfluorida

Fluorida merupakan mineral berfaedah yang menguatkan enamel gigi dan membantu mengelakkan reputan gigi.



Flos gigi anda sekali sehari

Gunakan flos gigi di celah-celah gigi untuk menanggalkan sisa makanan dan plak.



Kumur seperti yang disyorkan

Untuk nafas segar dan perlindungan ekstra, kumur dengan ubat kumur berfluorida.

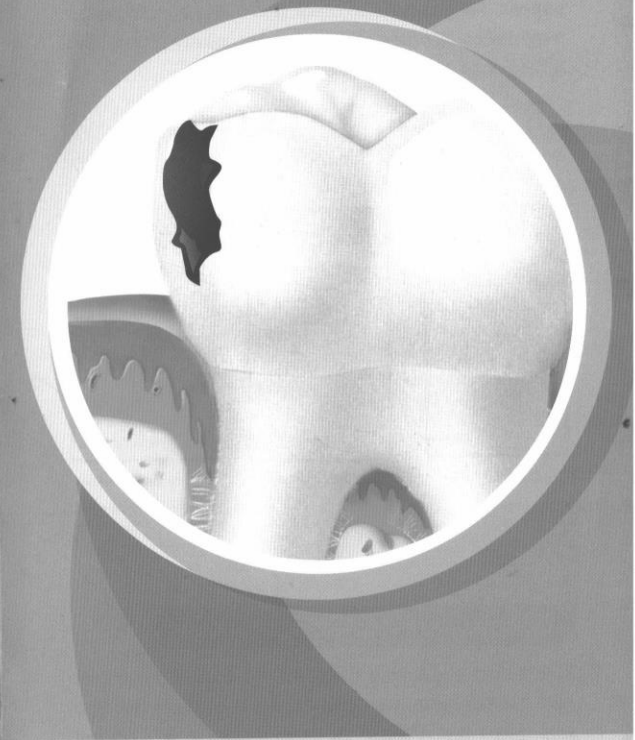


Kerap berjumpa doktor gigi anda

untuk pemeriksaan gigi, pembersihan dan rawatan.

TOOTH DECAY

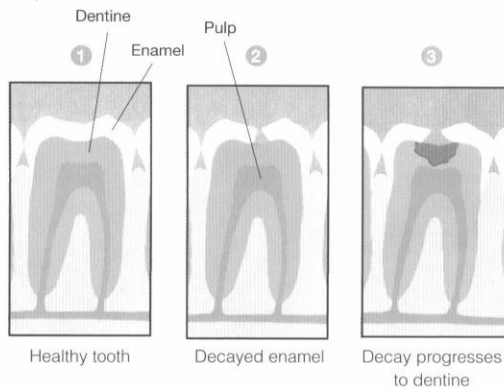
Colgate



Symptoms
Treatment
Prevention

How does Tooth Decay develop?

Tooth decay (or dental caries) may occur when the acids in plaque attack your teeth. Plaque is the sticky, colorless film of bacteria that forms on everyone's teeth daily. After you eat, the bacteria in plaque produce acids that attack the tooth enamel. After repeated acid attacks, the enamel can break down and a tooth decay may form. Children are the most cavity-prone, but adults of all ages can be affected too.



Do I have to stop eating sweets?

Foods with sugar and starches, especially those that stick to your teeth, can cause plaque acids to develop and begin the process of tooth decay. If you do eat sugary foods, eat them with your meal instead of as a snack.

A well-balanced diet helps maintain a healthy body, and that includes your teeth, jaw bone and mouth.

WHAT YOUR DENTIST CAN DO ABOUT TOOTH DECAY

- Your dentist can detect the early stages of decay and other diseases when he or she examines you.
- If you do have tooth decay, your dentist will fill it to help prevent further tooth damage.
- You or your children may benefit from dental sealants, a plastic coating applied by your dentist to protect back molars from decay.
- Your dentist will teach you how to brush and floss properly and explain how a well balanced diet can promote good dental health.
- Regular, professional cleaning will remove the plaque that forms on teeth both above and below the gumline.
- For tooth decay-prone children and adults, your dentist may apply a fluoride solution on teeth.

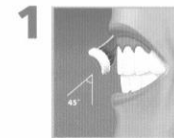
What can I do to prevent Tooth Decay?

To remove plaque before it leads to tooth decay, children and cavity-prone adults should try to clean their teeth after every meal and snack.

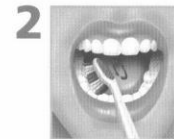
A thorough job of brushing removes plaque from the inner, outer and chewing surfaces of your teeth. When you floss, you'll remove plaque from between teeth and under your gumline where your toothbrush can't reach.

Brush teeth

for 2 minutes twice daily after every meal



Place brush at 45° angle to the gum.



Brush outer and inner surfaces with a circular motion.



Brush inner surfaces with small, up and down motions using the tip of the brush.



For chewing surfaces, use a firm back and forth motion.

For extra protection, use a fluoridated toothpaste

Fluoride is a beneficial mineral that strengthens tooth enamel and helps prevent tooth decay.



Floss teeth once daily

Slide the floss gently up and down in-between teeth to remove food particles and plaque.



Rinse as recommended

For fresh breath and extra protection, rinse with a fluoridated mouthrinse.



Visit the dentist regularly

for dental check-ups, cleaning and treatment.