



Dr Hassan Baleegh & associates.
Shop 8, 315 Harvest Home Road
Wollert 3750
Phone: 03 9999 1203
Email: hello@auroraepplingdental.com.au

High Caries Risk

You have been identified as a high caries risk patient. Please read below to understand what this means.

1. First thing you should know is that there is no need to be worried. If you follow the simple steps listed below, you can easily achieve optimal oral health. There are various reasons that can lead to a high caries risk, including but not limited to high sugar intake, low rate of salivation, soft drinks and chocolates.

The following steps must be taken to ensure we can control the decay from progressing:

1. The dentist will identify the different areas decay is present and remove decay by placing fillings or full coverage restorations step by step.
2. After that they will keep you on a 3-month follow-up until they are certain the decay has stopped progressing, at which point they will place you on a 6 month follow up to maintain your dental health.

What you need to do:

1. You will need to stop the intake of sodas, soft drinks, chocolates and lollies.
2. You will be advised by the dentist about the optimal time and method of brushing.
3. You will need to use high fluoride toothpaste for 3 months like Clinident.
4. You will have to use Tooth Mousse every night and apply it to your teeth before you go to bed for 3 months.
5. You should start eating sugar free chewing gum to keep your teeth clean and stimulate salivary flow.

All these steps are designed to get you back in good health as soon as possible. If you have any questions about any of these steps, do not hesitate to talk to your dentist.

The lovely team at Aurora Epping Dental are here to cater to all your needs.