

Fillings treat only the symptoms of the decay. NT addresses the cause of tooth decay.

NT is a treatment approach supported by new research.

NT is less expensive than other treatments.

NT is a primarily home-based treatment for tooth decay in which you play a major role.

When would you like to have your tooth decay treated?



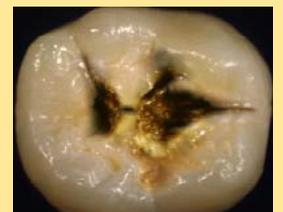
Early decay.

May be treated non-invasively.



Moderate decay.

May be treated with a filling.



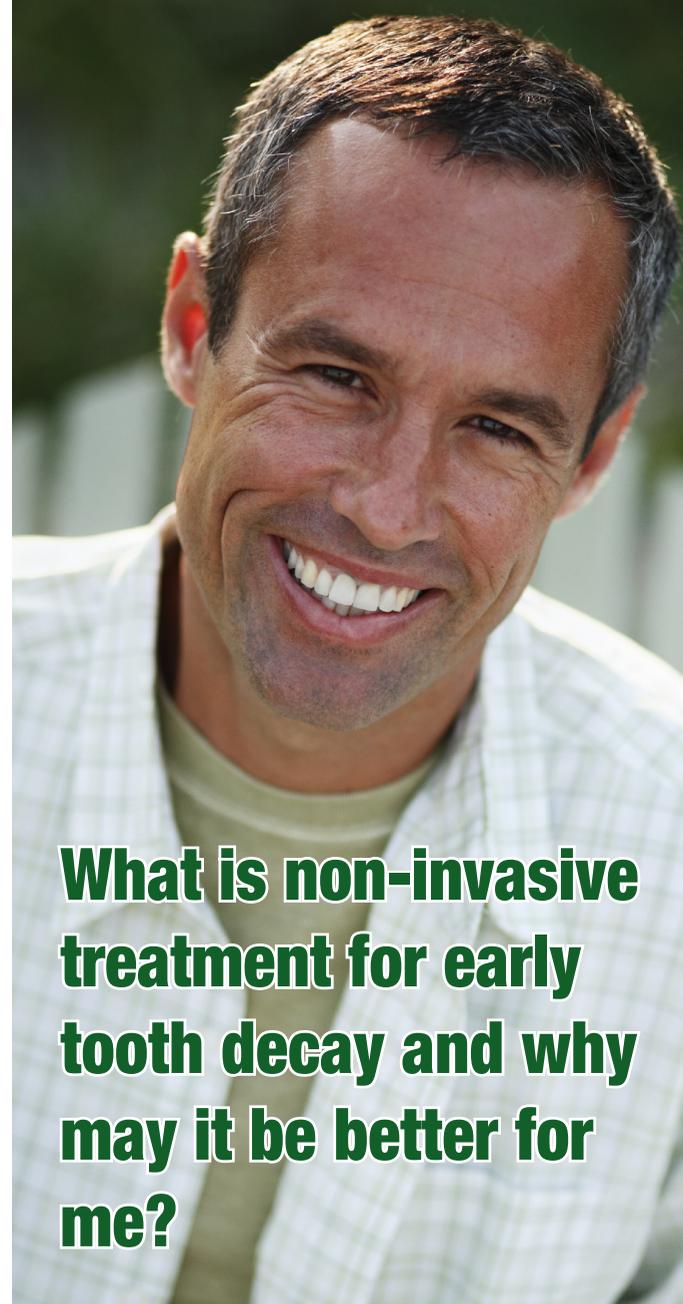
Advanced decay.

May need root canal treatment, crown or both.

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Special home care instructions from your dental provider:

- Follow-up appointment in ____ months
- Brush twice a day and floss daily.
Use:
 - Fluoridated toothpaste
 - Prescription toothpaste
- Apply prescription paste once a day on the affected tooth. Do not rinse with water for 30 minutes.
- Rinse with:
 - Fluoridated mouthwash 1 / day
 - Prescription mouthwash 2 / day
- Avoid sticky sweets such as candies and licorice.
- Drink less soda. When you do, avoid drinking slowly, over an extended period of time.
- Use sugar-free or xylitol chewing gum several times a day, especially after those meals when you cannot brush.
- Contact your dentist if your decay becomes deeper or painful.
- Other recommendations: _____



What is non-invasive treatment for early tooth decay and why may it be better for me?



What is early tooth decay?

Early tooth decay is damage to the outer layer of the tooth (“enamel”) by the germs in the mouth. It can affect any side of your teeth.

If caught early, decay may be stopped. In this brochure you will learn how.

What is non-invasive treatment for early tooth decay?

Non-invasive treatment (NT) is a long-term, pain-free therapy. Your dentist will customize this treatment based on your specific needs. The goals are to make the outside of the tooth stronger and stop tooth decay from getting worse.

NT is one method to repair and stop early tooth decay which involves one or more of the following:

- Preventive treatments in the dental office.
- Following your dentist’s instructions about cleaning your teeth, eating habits and any prescribed treatments at home.
- Changes to how you take care of your teeth and what you eat and drink.
- Regular follow-up with your dentist.

You can play a major role in improving your own dental care!

What are the advantages and risks of non-invasive treatment?

If successful, this treatment will help you:

- ✓ Preserve and strengthen your tooth structure.
- ✓ Avoid or delay tooth fillings, root canals, crowns and removing teeth.
- ✓ Keep your teeth longer.
- ✓ Avoid pain and discomfort.
- ✓ Save money by avoiding dental care that may be more expensive.
- ✓ Spend less time in the dental office.
- ✓ Learn healthy dental habits that may prevent other diseases in your mouth and body.

The only risk to you is that your tooth decay might advance despite this treatment.

If this happens, your dentist may recommend you a different treatment (such as a filling or, if you do not visit your dentist for a long time, a root canal) during your next dental visit.

Studies have shown that **if you follow your dentist's recommendations** and a later filling is still needed, postponing the invasive treatment will not result in a larger filling.

Keep your regular appointments with your dentist!

What non-invasive treatment can be done in the dental office?

- Regular monitoring of your tooth decay visually and/or using dental radiographs.
- Application of fluoride to your teeth.
- Application of dental sealants to your teeth and regular monitoring of their status.
- Diet and oral hygiene counseling.

Your commitment to non-invasive treatment affects your long-term result!



What can you do to increase your chance of success?

- Understand that non-invasive treatment is not a quick-fix, it requires that you comply with the dentist's individualized oral health plan.
- Follow your dentist's instructions regarding home care, professional cleaning, and regular dental appointments.

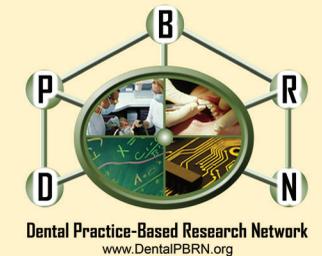
Many people want to give non-invasive treatment a chance. You can always get a filling later, but not the other way around!

Non-invasive treatment may not work for you. Only your dentist can see if you are a candidate for NT. During the NT treatment, your dentist can determine if your decay is advancing and a different dental treatment is needed.

The following American Dental Association websites provide more information about tooth decay and non-invasive treatments:

- <http://www.ada.org/public/topics/decay.asp>
- <http://www.ada.org/public/topics/cleaning.asp>
- <http://www.ada.org/public/topics/fluoride/news.asp>
- <http://www.ada.org/public/topics/sealants.asp>
- <http://www.ada.org/public/topics/diet.asp>
- <http://jada.ada.org/cgi/content/full/133/12/1643>

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