# What is a dental caries?

As we all know dental caries is decay of teeth, which results in cavities. If left untreated, it gets bigger and bigger which may result in pain needing a Root canal treatment or even extraction of tooth.

Mechanism:

There are specific type of bacteria always present in our mouth that convert carbs into acids which slowly dissolves the tooth surface resulting in decay.
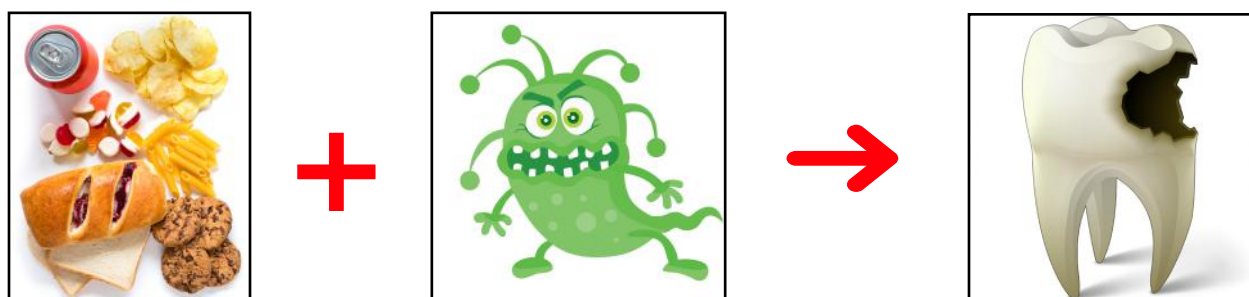
How can we prevent?

1. By eliminating residual food particles from tooth surface. Make sure the teeth are clean after you are done eating. Learn proper brushing and flossing techniques.

2. By using prescription strength fluoride. It gets absorbed on tooth surface and makes the surface less soluble to the acid.