

What is a Cavity?

A cavity is a hole that develops when a tooth decays. It is important to get it repaired when it is small as it will grow bigger and deeper over time. Often you will not know a cavity is there until it has grown large enough to touch the nerve endings inside your tooth. A cavity is found when your dentist checks your teeth with special instruments and X-rays. Finding cavities when they are small can increase the chance of saving your tooth structure.

Cavities form from bacteria in your mouth. When you eat or drink, it feeds the bacteria. They produce acids that eat away at your teeth making soft holes or cavities.

Depending on the size of the cavity, it may be restored with a filling. Your dentist will remove all the soft, rotten part of your tooth and ensure the bacteria have been removed. Filling material is sealed into the hole to make the tooth appear as it was before.

This procedure is done with a local anesthetic or numbing medicine for the area where the tooth is located. This will ensure you are comfortable for the entire process.

It is important after a cavity is restored, you continue to see your dentist regularly. These recall exams enable your dental team to keep your mouth healthy.

The stages of tooth decay

