

# **DECALCIFICATION**

## **DEAR PATIENTS AND PARENTS**

We would like to take this opportunity to share some information with you regarding tooth **DECALCIFICATION**.

**DECALCIFICATION MEANS PERMANENT WHITE SCARS THAT CAN BE ETCHED INTO THE TOOTH ENAMEL WITH IMPROPER HOME CARE.** This is all too common with teeth that have “braces”, but can be prevented by you!! Decalcification cannot be seen until the actual etching has occurred, and then it is **TOO LATE!!**

It is absolutely mandatory to brush at least three times per day (after everytime you eat would be best), and use your fluoride daily. Research on patients with braces has shown that daily use of fluoride eliminates decalcification. Brushing is still needed after drinking anything other than water. Sugar and other food particles tend to sit along the gum line. The brackets/braces act as a shelf, allowing build-up of plaque, which also will cause decalcification. Onset of this problem can be quite rapid!

We appreciate your help and support in this area. We want you to have the most beautiful result possible, and not be disappointed when your braces come off by having these permanent white decalcification marks on your teeth.

***Please take this very seriously!!***