



## **ROBISON** **ORTHODONTICS**

### **DECALCIFICATION**

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

Decalcification is a demineralization of permanent tooth enamel. It is the formation of permanent white scars around the braces on the surfaces of your teeth. It is caused by poor oral hygiene - gingivitis formed from not brushing properly or enough times. Decalcification can actually turn into large cavities on the teeth.

If you notice you have red, puffy, sensitive gums that bleed easily and often, you are at great risk of getting decalcification.

It is absolutely mandatory to brush teeth at least three times per day (after everything you eat would be best), and use your fluoride daily. Research on patients with braces shows 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 the build-up of plaque, which also will cause decalcification. Onset of this problem can be quite rapid!

Repeated non-cooperation in keeping great oral hygiene and preventing gingivitis and decalcification will lead to early removal of your braces — even if the teeth aren't straight yet!

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