

DECALCIFICATION INFORMATION

DECALCIFICATION OCCURS WHEN CALCIUM AND PHOSPHOROUS ARE REMOVED FROM THE TOOTH SURFACE. WHEN PLAQUE IS ALLOWED TO SIT FOR LONG PERIODS OF TIME WITHOUT BEING REMOVED, THE BACTERIA IN YOUR MOUTH UTILIZES THE SUGAR FROM YOUR DIET TO FORM AN ACID. THE ACID WILL START TO DISSOLVE OR WEAKEN THE ENAMEL AND CAUSE WHITE DECALCIFICATION SPOTS. EVENTUALLY, THE DECALCIFIED AREAS WILL LEAD TO A CAVITATION AND CAVITIES.



FACTORS THAT CAN INCREASE YOUR RISK FOR DECALCIFICATION:

- CONSUMING DRINKS WITH CARBONATION OR HIGH ACID CONTENT
- SUGARY DRINKS OR SNACKS THAT HELP BACTERIA FORM ACIDS
- NOT BRUSHING YOUR TEETH TWICE A DAY- ESPECIALLY AT NIGHT!
- NOT BRUSHING LONG ENOUGH, YOU MUST BRUSH FOR 2 MINUTES!
- NOT FLOSSING DAILY
- BRACES CAN ALSO ACCUMULATE MORE PLAQUE AROUND THE BRACKETS
- ACID REFLUX EXPOSES YOUR TEETH TO ADDED STOMACH ACID
- DRY MOUTH, NOT ENOUGH SALIVA PRESENT
- BREATHING THROUGH YOUR MOUTH CAN MAKE PLAQUE MORE STICKY
- CERTAIN MEDICATIONS CAN DECREASE SALIVA

HOW TO PREVENT OR STABILIZE DECALCIFICATION:

- PROPER DIET, LIMIT SUGARY SNACKS AND ACIDIC DRINKS
- PROPER DAILY BRUSHING AND FLOSSING- ELECTRIC TOOTHBRUSH
- OVER-THE-COUNTER AND/OR PRESCRIPTION REMINERALIZATION TOOTHPASTES OR GELS CONTAINING FLUORIDE, CALCIUM AND PHOSPHORUS
- FLUORIDE VARNISH APPLICATIONS FROM YOUR DENTIST EVERY 4 TO 6 MONTHS
- DRINK PLENTY OF WATER, IT HELPS DILUTE THE ACIDIC ENVIRONMENT
- CHEW SUGARLESS GUM OR GUM WITH XYLITOL TO STIMULATE SALIVA FLOW
- BREATHE THROUGH YOUR NOSE RATHER THAN YOUR MOUTH TO REDUCE DRYNESS
- IF TAKING MEDICATIONS THAT CAUSE DRY MOUTH, USE PRODUCTS THAT STIMULATE SALIVA FLOW (EXAMPLES: XYLIMELTS OR ACT DRY MOUTH PRODUCTS)

CALL/TEXT/EMAIL OUR OFFICE AS NEEDED FOR MORE INFORMATION

CALL: 630.963.7766

TEXT: 630.478.2527

EMAIL: SMARTMOUTH@SMARTMOUTHWOODRIDGE.COM