



## White Spots (Enamel Decalcification)

We ask you to help us help you achieve that healthy smile you want and deserve. Soft drinks + orthodontic treatment is a recipe for disaster. Acid is the culprit. Acid weakens the enamel making it soft in a process called “Decalcification”, and can lead to cavities or tooth loss. Once the enamel is decalcified, “white spots” start forming. White spots are preventable, but once present, they form PERMANENT SCARS on the teeth due to decalcification of the enamel, and they sometimes require extensive and/or expensive additional dental work. Healthy teeth and healthy gums are the result of good oral hygiene and good diet. Healthy teeth and an adequate diet are they key to preventing white spots.

Braces DO NOT cause white spots on the teeth but can act as food traps where bacteria may concentrate. Bacterial plaque will form and release metabolic acids. Acids, and acidic foods and/or drinks, decalcify the enamel and lead to white spots. Decalcification occurs very rapidly and, unless the plaque is removed completely every day or the acidic foods/drinks are stopped, white spots will occur.

Oral hygiene is still extremely important in the prevention of white spost. White spots will not occur if the patient (and/or family) is diligent in their oral hygiene practices and diet (follow the instructions as provided). It is the patient’s/family’s responsibility to prevent these permanent scars from occurring. Remember, the patient MUST maintain regular visits with the family dentist during orthodontic treatment (every 3-6 months)

Special emphasis should be placed on brushing at the margin of the gums as well as all surfaces of all teeth THREE TIMES A DAY. Avoid, or limit, all packaged, acidic, and/or sugary drinks throughout your treatment. Carbonated beverages (even “Diet” drinks) and “sports drinks” have been shown to be very acidic and contribute to white spot formation. You must limit or completely avoid carbonated beverages. If you do drink anything other than water and you cannot brush your teeth right away, you MUST rinse immediately with water or mouthwash; this will help neutralize the pH of your mouth and will help minimize the damage to your teeth.

Daily hygiene instructions: brush your teeth THREE TIMES A DAY (pay attention to frequency AND technique!!); use fluoridated mouthwash and an oral irrigator (e.g.: Waterpik) every night after brushing. Clean and healthy teeth do not get white spots! Please help us help you achieve an excellent result and a beautiful smile!

<p><b>Be Smart:</b></p> <ul style="list-style-type: none"> <li>• Avoid Soft drinks, especially during orthodontic treatment.</li> <li>• Drink water or milk</li> <li>• Brush and floss as recommended</li> <li>• Use fluoridated toothpaste and mouthwash</li> <li>• Visit your dentist at least every 6 months, or more often</li> </ul>	<p><b>If you decide to drink soft drinks:</b></p> <ul style="list-style-type: none"> <li>• Drink through a straw</li> <li>• Have them with a fuel meal</li> <li>• Brush right after drinking OR rinse with water</li> <li>• Drink it quickly; avoid sipping on soft drinks over a long period of time – each sip renews the acid attack on the teeth</li> </ul>
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Without excellent oral hygiene and adequate diet, white spots WILL OCCUR. This damage is permanent and may need to be restored by the family dentist. We reserve the right to stop active orthodontic treatment (braces, aligners, etc., removed) if white spots start to form. Restorations may need to be placed by your family dentist at your expense.

PH testing of 36 soft drinks commissioned by the American Association of Orthodontists and Performed by St. Louis testing Laboratories

<p>Hydrochloric acid** 0.0  Battery acid***  1.0 Stomach acid**  1.5 Coca-Cola (regular) 2.60  Pepsi (regular) 2.62  Coca-Cola (diet) 2.62  Lemonade (Minute Maid) 2.63  Powerade (Mountain Berry Blast) 2.67  Powerade (Fruit Punch) 2.67  Powerade Zero (Strawberry) 2.72  Hawaiian Punch (Fruit Juicy Red) 2.82</p>	<p>Capri Sun (Red Berry) 3.19  Dr. Pepper (diet) 3.22  Sprite (regular) 3.26  Mountain Dew (regular) 3.34  7-Up (regular) 3.35  Sprite Zero 3.40  Mountain Dew (diet) 3.42  Red Bull Energy Drink (main flavor) 3.50  Sunkist (diet) 3.54  Monster Energy (regular) 3.59  7-Up (diet) 3.64</p>
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