

Decalcification can happen to all patients but its prevalence increases when wearing braces because it is more difficult to clean the teeth. Procedures we are following for all patients to help prevent decalcification during orthodontic treatment are as follows:

- (1) Instructions to promote good oral hygiene including diet habits (always brush and rinse after eating).
- (2) Asking patients to use a .05% fluoride rinse daily.
- (3) Using dental bonding agents that release fluoride.
- (4) Asking your dentist to apply fluoride each 6 months during active treatment. This recharges the fluoride in the bonding agent.
- (5) Minimizing time that fixed braces are on the teeth.
- (6) Shallow decalcification can be remineralized with fluoride rinse and fluoride toothpaste and in time the whiteness or brownness may diminish or disappear.