

# MY BRACES DOCTOR, P.C.

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## Decalcification | “White Spots”

### **What is Decalcification?**

Decalcification simply means loss of calcium from teeth

### **What causes Decalcification of tooth enamel?**

The plaque that builds up on the surfaces and between your teeth creates acids which remove your tooth’s enamel over time. Tooth decalcification is a process by which the tooth loses calcium. It’s generally considered an early stage of tooth decay.

### **What are the signs of tooth Decalcification?**

White spots are the first visible sign of tooth decalcification.

### **How to prevent Decalcification?**

The best way to prevent Decalcification is to keep your teeth clean of plaque. This can be done most effectively with proper brushing and flossing. We recommend brushing at least 2 times a day for a duration of 2 minutes or more each time.

Brushing in small circular motions can really help reduce the presence of Decalcification.



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### Acknowledgement of Understanding

I hereby acknowledge that I have been given information regarding Decalcification. I have read and fully understand the instructions given for my own or my child’s oral care provided by My Braces Doctor, Pc. I further understand that it is ESSENTIAL that these instructions given to me are followed. I understand that if instructions are not followed carefully, the orthodontic treatment may be compromised. In such case, I hereby agree not to hold My Braces Doctor, Pc accountable for any and all compromised treatment.

\_\_\_\_\_  
Patient’s Name

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Parent/Guardian’s Name

\_\_\_\_\_  
Signature of Patient/Parent/Guardian

\_\_\_\_\_  
Date