

amanda lawrence

ORTHODONTIST

Decalcification – Are you at risk?

The most important part of your treatment is the role you play in keeping your appliances and teeth as clean as possible. The best way to do this is follow the instructions given to you when your appliances were fitted which includes **brushing at least twice per day**, spiral brushing, flossing and rinsing.

It is very important to avoid any sugary and acidic foods in particular soft drink, cordials, lollies and other sweets. If plaque is left on the teeth, white or brown lesions/scars will start to form. These lesions/scars are the beginning of decay and they are permanent.

We can ensure your teeth will look straight by the end of treatment— what we can't control is how well you clean every day and only with regular cleaning can those problems be avoided.



White lesions/scars



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