**CRITICAL INFORMATION ABOUT YOUR ORTHODONTIC HYGIENE**

**One of our paramount concerns about our patients who have orthodontic appliances - especially braces, is their ability to adequately cleanse around those braces - to prevent *decalcification* of the enamel, which results in permanent, *unsightly* "White Spot Lesions" and/or cavities, forming around the braces, beginning from day *one.***

Since the braces are adhered to the teeth's surfaces, the enamel *underneath* the bases of the braces is covered and protected.  However, due to the necessary designs of braces, the enamel *surrounding* those bases becomes a “plaque trap” and is highly susceptible to plaque retention and its resulting damage, including permanent White Spot Lesions ("White Spots") and cavities.  That's why you may have seen some former orthodontic patients with decalcification so severe that there appear to be hollow white squares or hollow white circles on their teeth - the white outlines are where plaque was trapped and remained - decalcifying the teeth, and the centers of the squares or circles are the healthy parts of the enamel - to which the braces were adhered, and which no plaque could contact.  A more common appearance of decalcification - after braces are removed, are White Spots close to the gumline of one or more teeth - in between where the brace(s) *used* to be and the gumline.  That's because that region is the *most* difficult area to reach with toothbrushing - some even being *impossible* to get to - due to oral anatomy and the sizes and designs of most toothbrushes.  To best understand the magnitude of these problems, you may want to Google "White Spot Lesions" and click on "IMAGES" - they will*best* demonstrate the importance of our preventive message.

The good news is that there is a *new* toothbrush available - The SPOT LESS BRUSHTM, which was engineered *specifically* to reach these areas around braces, which are most difficult to access and, therefore, the *most*susceptible to decalcification.  It's patented small head and single row of short bristles allows it to fit where other toothbrushes cannot.  And its handle is hollow - to house a  B-E-H-I-N-D  Y-O-U-R  W-I-R-ESOrthodontic BrushTM, which is used to clean the sides of each brace - behind the "archwire(s)", (as its name implies), thereby preventing White Spots in *those* areas, too.  The two brushes, together, comprise The SPOT LESS SYSTEMTM.

For our patients who prefer power toothbrushes, The SPOT LESS BRUSHTM is now also available in a *sonic* version - known as the SONIC ORTHODONTICTM toothbrush, and, although a B-E-H-I-N-D  Y-O-U-R  W-I-R-E-SOrthodontic BrushTMis not able to be housed in its handle, it must *still* be used. These two products comprise The SPOT LESS SONIC SYSTEMTM.

All of these products - The SPOT LESS BRUSHTM, the SONIC ORTHODONTICTM toothbrush, and B-E-H-I-N-D  Y-O-U-R  W-I-R-E-SOrthodontic BrushesTM, are available for purchase, at [**www.SPOTLESS-SMILES.com**](http://www.spotless-smiles.com/)

**I acknowledge the receipt of this information regarding the importance of maintaining thorough oral hygiene/plaque removal, throughout orthodontic treatment, in an effort to reduce the potential for enamel decalcification/White Spot Lesions/cavities to develop around orthodontic appliances.**

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