

*notes from Dr. Ka*



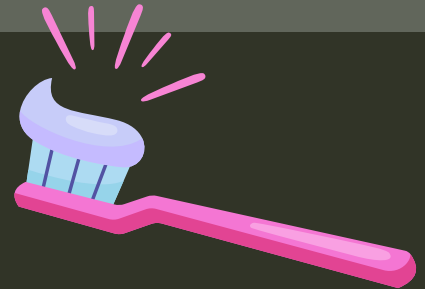
# What are White Spots?



- When plaque builds up around braces and is not removed, tooth enamel can decalcify which results in discolorations called white spots, often becoming permanent scars
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## Did you know?

Tooth enamel is protected from plaque buildup wherever braces are attached, so that it retains its natural and beautiful white color



**White spots on teeth are actually white scars, and once they appear, they become more permanent.**

- Poor oral hygiene allows plaque to build up around braces
- The bacteria in plaque, if not properly removed, can erode or decalcify the enamel of the teeth
- As fluoride and the natural minerals of your saliva fight to keep the enamel sound and strong, it recalcifies.

