

WHAT IS PLAQUE?



Dental plaque is a sticky, colorless or pale yellow film that is constantly forming on your teeth. When saliva, food and fluids combine, plaque - which contains bacteria - forms between your teeth and along the gum line. **Plaque is not food for bacteria rather it is made of bacteria.**

Dental plaque begins forming on teeth 4-12 hours after brushing, which is why it is so important to brush thoroughly at least twice a day and **clean between them once** daily.

How Can Plaque on Teeth Affect My Oral Health?

Plaque is the root cause of many oral health issues. First, plaque can contribute to bad breath and can make your teeth look dingy and yellow. More importantly, the bacteria in plaque produce acids that attack tooth enamel causing cavities. This **bacterial plaque** can also cause the early stage of gum disease called gingivitis **which is infection and inflammation of gums. If left untreated gingivitis can progress to periodontitis which is bone loss around the teeth and may even lead to eventual tooth loss. This inflammatory disease doesn't only stay in the mouth but can burden your overall systemic health.**

Plaque on Teeth Causes Cavities and Gingivitis



If plaque is not regularly removed from your teeth by proper brushing and flossing, it mineralizes into tartar, a hard, yellow or brown deposit that tightly adheres to the teeth and can only be removed by a dental professional. If tartar is not removed it can lead to more serious gum disease.

How to Remove Plaque from Teeth

Fighting plaque is the most critical factor in

protecting and preserving your teeth, and gums, for a life-time.