

American Dental Association

ADACommons

Patient Dental Health Education Brochures

Special Collections

1978

Remove the Plaque! (1978)

American Dental Association

Follow this and additional works at: <https://commons.ada.org/patientbrochures>



Part of the [Dental Hygiene Commons](#), [History of Science, Technology, and Medicine Commons](#), and the [Periodontics and Periodontology Commons](#)

Recommended Citation

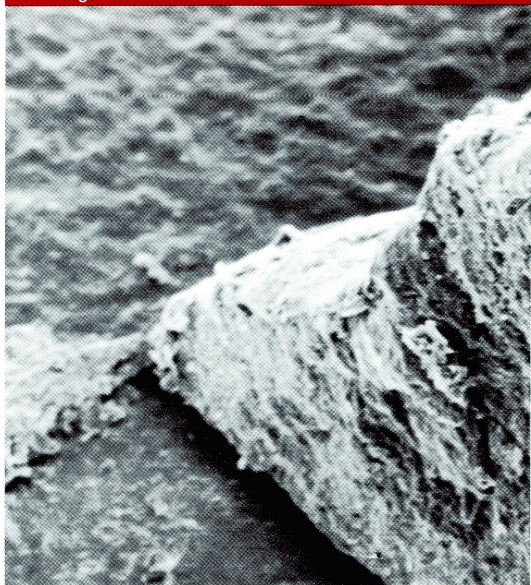
American Dental Association, "Remove the Plaque! (1978)" (1978). *Patient Dental Health Education Brochures*. 264.

<https://commons.ada.org/patientbrochures/264>

This Book is brought to you for free and open access by the Special Collections at ADACommons. It has been accepted for inclusion in Patient Dental Health Education Brochures by an authorized administrator of ADACommons. For more information, please contact commons@ada.org.

remove the plaque!

Subgingival calculus, a portion being removed by scaling,
x 160 magnification.



remove the plaque!

You can actually prevent most periodontal disease and reduce tooth decay by thorough daily removal of the plaque that forms on your teeth.

Your dentist and dental staff have shown you how.

1. Chew a disclosing tablet or swish a solution around in your mouth to stain the plaque.
2. Empty your mouth. Examine your teeth in the mirror to see the stained plaque.
3. Use dental floss to remove the plaque between your teeth. Be sure the floss cleans under the gumline where periodontal disease starts.
4. Brush your teeth thoroughly and in a regular pattern so that no teeth are missed. Brushing along the gumline is especially important.
5. Re-stain your teeth to check for any unre-moved plaque. Brush and floss until all the disclosed plaque is gone.

6. Rinse your mouth thoroughly to remove the dislodged plaque and debris.

Choose your toothpaste and toothbrush carefully. Use an accepted fluoride toothpaste to prevent decay. (Toothpastes that carry the ADA seal of acceptance on the carton or tube have been proven effective). Use a soft-bristled brush with a head small enough to reach every tooth. Be sure the brush bristles are not bent. Worn brushes do not remove plaque effectively.

When you remove the plaque every day, **you** prevent dental disease.





American Dental Association

211 East Chicago Avenue
Chicago, Illinois 60611