

American Dental Association

ADACommons

Patient Dental Health Education Brochures

Special Collections

1972

Remove the Plaque! (1972)

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](#)

Number two in a series

Recommended Citation

American Dental Association, "Remove the Plaque! (1972)" (1972). *Patient Dental Health Education Brochures*. 265.

<https://commons.ada.org/patientbrochures/265>

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.

2

**Remove
The
Plaque!**

Number
Two
In A
Series

Remove The Plaque!

Tooth decay and periodontal disease can be dramatically reduced by a systematic, daily removal of bacterial plaque which forms on your teeth. Your dentist and his staff have told you, possibly with some variations, about the following steps for plaque removal. Follow these steps carefully as a daily guide in caring for your teeth and gums.

1. Swish a disclosing tablet or solution around in your mouth to stain the bacterial plaque.

2. Empty your mouth and examine your teeth with a dental or hand mirror to see the stained plaque.

3. Use dental floss to remove the plaque *between* your teeth.

4. Brush your teeth systematically and thoroughly.

5. Examine your teeth again with the mirror and if some stain can still be seen on the teeth, repeat steps three and four.

When you can no longer see the stain, you have removed the plaque. Follow this routine once a day. Brush your teeth with a fluoride toothpaste (especially after eating sweets) to further prevent dental disease.

Other pamphlets in this plaque control and prevention series include:

G 50 What Is Plaque?

G 52 Disclose the Enemy!

G 53 Flossing Can Be Fun!

G 54 Toothbrushing Tips

G 55 What About Fluorides?

G 56 Nutrition and Dental Disease

G 57 It's Up To You!



American Dental Association

211 East Chicago Avenue

Chicago, Illinois 60611

G 51 Printed in U.S.A.

Copyright 1972 American Dental Association