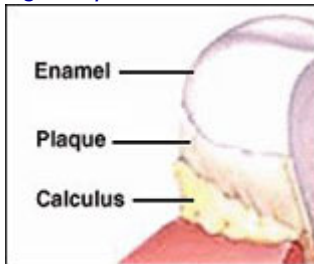


Plaque and Tartar Control

Patients often confuse plaque and tartar and how they are related to each other.

Plaque is a sticky film that constantly forms on all areas of your teeth; it is composed of bacteria, by-products of bacteria and saliva. However, plaque that builds up along the gumline and between the teeth in hard to reach places can be harmful.

Plaque buildup is a primary factor in gum disease. Fighting plaque is a life-long component of oral care.



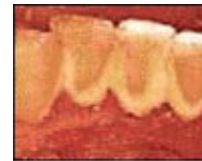
Plaque is constantly forming on teeth after brushing which is why it is so important to brush twice a day and floss daily.

Tartar (also called calculus) forms when minerals deposit in plaque which is not removed by regular brushing and flossing. This crusty deposit creates a cohesive bond that can only be removed by a dentist or hygienist. The prevention of tartar buildup above the gumline has not been shown to have a therapeutic effect on gum disease.

The photographs below show three degrees of tartar, or calculus, formation:



Slight



Heavy



Moderate

You can help reduce the formation of tartar by:

- Brushing with a **tartar protection toothpaste**.
- Having your teeth professionally cleaned as frequently as recommended by your dentist.

Individuals vary greatly in their susceptibility to plaque and tartar. For many of us, these deposits build up faster as we age. Fighting tartar is a life-long component of oral care.

Be sure to follow the special home care instructions provided by your dental professional.

They Feel Their Best with You and Crest.