

## Orthodontic Care

Successful orthodontic treatment is a group effort between you, your dentist, and our team. Keep appointments, maintain oral hygiene, and continue to see your primary dentist. Follow all instructions regarding your appliances and the wearing of removable appliances or rubber bands.

**Brushing:** Brush after every meal or snack. Use fluoride toothpaste and a soft-bristle toothbrush or power toothbrush. Look for clean and shiny braces, where you can see all the edges of the brackets clearly. Brush around all the parts of your braces and every surface of your teeth in small circles for at least two minutes. Brush your tongue, roof of the mouth and gums. Rinse thoroughly after brushing with water or a mouth rinse. Change your toothbrush or toothbrush head at the first sign of wear or at least every three months.

If you cannot brush, make sure to at least rinse your mouth out with water. Brushing every morning and especially before bedtime is extremely important.

**Flossing:** Slide dental floss up and down the sides of each tooth to remove plaque between the teeth. Floss threaders, pre-treaded floss and small interproximal brushes are available to help you get under your wires more easily.

Another helpful tool to use is a cordless waterpik which can be purchased at your favorite retail store or online.

**Poor Oral Hygiene Risks:** Plaque and food can accumulate around your braces and lead to permanent white marks (decalcification), cavities, and gum disease. Proper brushing and flossing can greatly reduce, if not eliminate the risk of this happening.

**Foods to Avoid:** Avoid sugary, crunchy, sticky, chewy and hard foods such as caramels, taffy, gum, hard candy, popcorn, pizza crusts, nuts, etc. Eating ice, chewing on pencils or pens and biting into whole apples/vegetables can cause damage to your appliances. Also, avoid over consumption of carbonated, energy and sugary drinks.

**Your first few Days:** Advil or Ibuprofen is recommended for any discomfort when adjusting to your braces. Place wax around brackets or poking wires.

**When to Call:** Call the office as soon as you notice anything loose, uncomfortable or sharp. Please do not wait until your next scheduled appointment. It is important for these issues to be fixed not only for your comfort but also to keep your treatment time on track.