

HOW TO CARE FOR YOUR BRACES

GOOD BRUSHING IS ALWAYS IMPORTANT, BUT NOW THAT YOU HAVE BRACES ON YOUR TEETH, IT WILL TAKE EXTRA TIME AND EFFORT TO DO A GOOD JOB. Wearing braces does not increase the risk of tooth decay if you clean your teeth properly. Remember, good brushers experience less soreness and have faster tooth movement because the gums are healthy. Inflammation (redness and swelling) in the gum tissue slows the rates of tooth movement and also looks unsightly. Poor brushing can result in permanent whit spot and cavities on your teeth as well as bad breath. SO, PLEASE BRUSH AND FLOSS THOROUGHLY AND OFTEN!

Brushing and flossing your teeth with braces:

Tips for thorough brushing include taking your time (we recommend 3 minutes). Use a tooth brush with soft bristles. When you brush your teeth, move the brush in small, circular motions to reach food particles that may be under your gums line. Hold the toothbrush at an angle and brush slowly and carefully, covering all area between teeth, between braces and the surface of each tooth. Brush up on the lower teeth, down on the upper teeth and the outside, inside and chewing surface of your front and back teeth. Brush your tongue and the roof of your mouth before you rinse.

It is important during orthodontic treatment to brush your teeth several times throughout the day to avoid accumulation of food on your teeth and braces.

- In the morning after breakfast
- After lunch or right after school
- After supper
- At bedtime

Food to avoid with braces:

Examples of sticky & Chewy foods to avoid:

- Gum
- Caramels
- Jelly beans
- Snickers
- Gummy bears
- Starburst

Examples of Hard Foods to Avoid:

- ICE
- Nuts & popcorn
- Hard candy

- Pizza crust
- Corn on the cob
- Apples & carrots

Minimize sweet foods:

Although these foods may not damage your appliances, they do contribute to dental decay and unsightly white spot on the teeth. You should brush your teeth immediately after eating sweet food. If you cannot brush right away, then rinse thoroughly with water.

- Cake
- Pie
- Candy
- ICE cream
- Cookies
- Sweet drinks (soda, lemonade)

Prescription:

- **0.4 Stannous fluoride paste- It a high fluoride tooth paste to make teeth stronger. Apply once a day before going to bed. DO NOT EAT, DRINK OR RINSE for 30 minutes after application of paste.**

Congratulations! You have Now Begun Your Orthodontic Treatment **PLEASE REVIEW & FOLLOW INFORMATION:**

- Continue to visit your dentist regularly for professional cleaning and oral exam while undergoing your orthodontic treatment.
- You may expect some soreness in your teeth as they begin to move. Generally, this lasts 2-3 days. If you wish to take something for the soreness pain relievers such as Advil or Tylenol.
- If any of your orthodontics appliances scratch or irritate your mouth, place a small piece of wax over the rough area. Such irritations usually disappear within few days as your mouth tissues “toughen up.” If the irritation persists, please call the office for instructions.
- If band or bracket loosens or something breaks, don’t panic, breakage is not an emergency unless associate with discomfort, PLEASE PHONE THE OFFICE TO NOTIFY US OF THE BREAKAGE even if you are not experiencing any discomfort. We can then decide when to repair the breakage.