

Congratulations on your new braces!

We want you to have an amazing experience! We will be working together as a team to help you have a beautiful, confident smile!

ORTHODONTIC BRUSHING AND FLOSSING PROCEDURES

Concentrate on the Danger Zone!

...the space between the bands or brackets and the gums!



Special brushes can be used for hard-to-clean places.

	<p>1</p> <p>Use a dry brush with a small amount of toothpaste. Place bristles where gums and teeth meet.</p>		<p>2</p> <p>Use circular, vibrating motions around the gum lines, 10 seconds on each tooth.</p>
	<p>3</p> <p>Brush slowly, each arch separately, every tooth.</p>		<p>4</p> <p>Brush the lower teeth up and the upper teeth down. Brush your tongue and the roof of your mouth too!</p>
	<p>5</p> <p>Carefully pull unwaxed floss between wire and braces. A floss threader may be helpful.</p>		<p>6</p> <p>Floss carefully around the braces.</p>
	<p>7</p> <p>Floss carefully around the gum area.</p>		<p>8</p> <p>Floss carefully around each tooth.</p>

BRUSHING

with your toothbrush (soft bristles only):

WHEN?

After every meal. If you cannot brush right away, rinse well with water.

FLOSSING

WHEN?

Nightly after brushing.

HOW?

Use floss threader between gums and braces.

WHY?

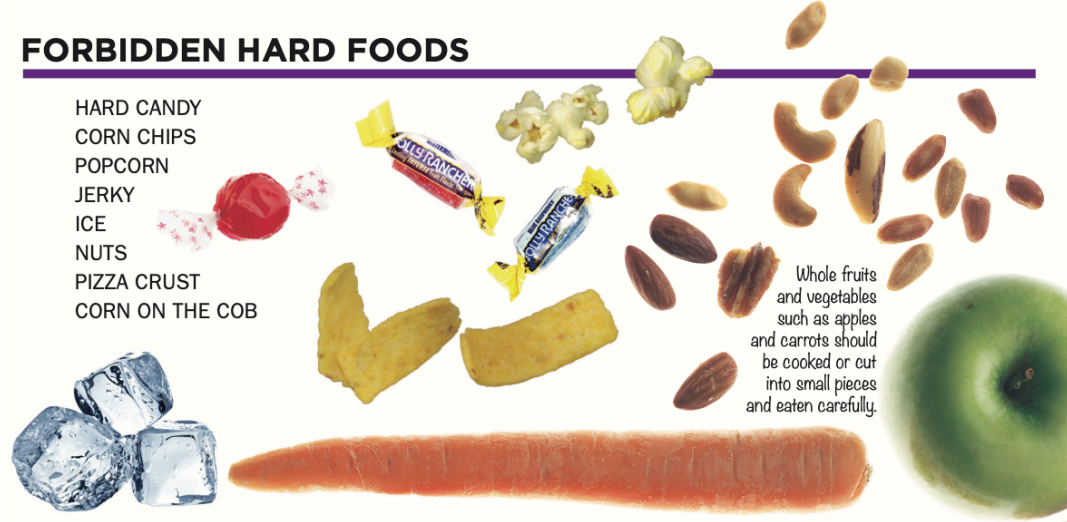
Removes plaque toothbrush misses.

Problem Foods when you have BRACES...

Eating proper foods, minimizing sugar intake and getting enough sleep are essential during orthodontic treatment. Your braces are precise appliances that can be damaged by eating hard foods. Some soft and sticky foods can cause tooth decay and loosen or dislodge your braces.

FORBIDDEN HARD FOODS

- HARD CANDY
- CORN CHIPS
- POPCORN
- JERKY
- ICE
- NUTS
- PIZZA CRUST
- CORN ON THE COB



Whole fruits and vegetables such as apples and carrots should be cooked or cut into small pieces and eaten carefully.

FORBIDDEN SOFT FOODS

- BUBBLE GUM
- GUM (as directed by your orthodontist)
- STICKY CANDY:

- Starbursts
- Sugar Daddies
- Tootsie Rolls
- Gummy Bears
- Caramels
- Taffy



Use common sense when choosing food to put in your mouth and avoid chewing on hard objects such as pens and pencils.

Avoid soda pop and drinks that contain sugar.