

COOPERATION AND ORAL HYGIENE

COOPERATION: Your cooperation is essential to achieving a good orthodontic result. There may be parts to your braces such as rubber bands or retainers, which are removable by you. It is very important that you wear any removable brace parts as instructed. Eating forbidden foods or picking at your braces can damage them. Frequent missed appointments can cause your treatment to get behind. Finally, good brushing is essential to keeping your teeth healthy.

ORAL HYGIENE: Braces do not cause cavities, but they may trap food particles and plaque, increasing the likelihood of your developing cavities or decalcification (whit spots). Most patients are able to prevent these problems with a combination of brushing, flossing, use of prescription fluoride rinse or paste, avoiding between meal sugars, and regular check-ups with your family dentist.

INSTRUCTIONS:

Brush with a soft bristle toothbrush or electric toothbrush to remove plaque and food immediately after each meal and before going to bed.

Use *dental floss* with a floss-threader or Super Floss to remove plaque from between the teeth after brushing. It takes a combination of brushing and flossing to remove all plaque.

We recommend use of a *fluoride rinse* such as Pro-Dentx or Phosfluor after brushing. Alternatively, you may use a prescription strength fluoride paste. They may be purchased at our office for your convenience or we can provide a prescription, which you may have filled at your pharmacy.

Between meal snacks that contain sugar, particularly sticky sugars will combine with the plaque to increase the likelihood of cavities or white spots. So *avoid* candy, cakes, ice cream and soft drinks between meals.

Lastly, but certainly not least important is *regular check-ups* with your family dentist. Most dentists recommend twice per year cleanings or even more often while you are wearing your braces. Your dentist will also check for cavities or gum problems.

REMEMBER....EFFORT = RESULTS