

Orthodontic Instructions

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Hygiene Kit:

- 1) Small Head Toothbrush
- 2) Toothpaste with Fluoride
- 3) Interproximal Brush (Proxy Brush)
- 4) Floss Threaders
- 5) Floss
- 6) Mouthwash with Fluoride

1) BRUSHING- Brush your teeth and braces after every meal. Pay particular attention to the areas along the gum line and around the brackets to ensure you have removed all the plaque.

2) FLOSSING- Floss everyday. This will help to prevent cavities from forming between your teeth.

3) BRUSHING AID- Use an instrument called a Proxybrush to clean around braces and wires. This brushing aid looks like a Christmas tree and is especially effective at keeping brackets and wires clean.

4) MOUTHWASH- Use a mouthwash with fluoride, eg. LISTERINE TOOTH DEFENSE- Anitcavity Fluoride Rinse. Use after brushing and flossing to help prevent cavities.

5) SOFT DIET- For the first few days after your orthodontic adjustment, it is best to eat a soft diet. Soft friendly foods include: Warm soup, ice cream, Jell-O, or pudding.

6) DO NOT EAT- Do not eat hard foods such as nuts, chips, hard candies, or ice. They can bend wires and break brackets. Do not eat sticky foods including gum, taffy, or caramels.

7) DO NOT BITE- Do not bite into whole fruits or vegetables like apples, peaches, carrots, or celery. Cut these foods into smaller pieces, then use your back teeth to chew.

8) AVOID- Avoid drinking soda. Soda contains an acid that dissolves the cement around your braces. They will cause brackets to break and will increase the chances of developing cavities.

9) TENDERNESS- Most tenderness from orthodontic treatment begins within hours after your orthodontic adjustment and begins to subside within 48-72 hours. If after three days the discomfort begins to increase or fails to lessen please contact our office.

10) RELIEF WAX- If your braces are causing soreness around your mouth, apply Relief Wax. Simply pinch off a small piece and roll it into a ball the size of a pea. Flatten the ball and place it completely over the braces causing the irritation.

11) SUCCESSFUL- Successful orthodontic treatment depends on effective daily oral hygiene and maintaining scheduled appointments.

If you cannot make your scheduled appointment, please notify us immediately. Rescheduling is difficult and will increase your treatment time in braces. Be on time for your appointment. Cancel only if it's an emergency.