

CARING FOR YOUR SMILE

Congratulations, we are now a team! Our responsibility is to straighten your teeth, and yours is to keep your teeth healthy and clean. Now that you have braces, proper brushing and daily flossing will be most important to creating a healthy smile.

Plaque is a sticky, white substance that collects on our teeth. It is made up of bacteria, food and saliva. If plaque and trapped food are left on your teeth and braces, they can cause swollen gums, bad breath, cavities and most noteworthy, permanent marks on your teeth. To help prevent plaque build-up, please follow the guidelines below. It will take a little extra effort, but you will have a beautiful smile for the rest of your life!

BRUSHING

- Brush after every meal
- Use a soft bristle brush to prevent gum recession
- Initially, brush back and forth across the gums and teeth to remove food particles
- Then, brush in a circular motion between braces and under gums, a few teeth at a time
- Take 2 minutes to brush adequately, 1 minute for the upper teeth, and 1 minute for the lower teeth
- Look in the mirror, if you see plaque, brush until they are clean
- Electric toothbrushes with a timer, like Sonicare, are excellent tools that make cleaning easier

FLOSSING

- Daily flossing is very important
- Loop the floss through the floss threader and direct the floss theater under the arch wire
- Wrap the ends of the floss around your index fingers
- Wrap a "C" around the tooth and scrape the sides of the tooth and under the gum line
- Repeat this procedure for each tooth
- An assistant will work with you and teach you how to use the floss threaders effectively

VISITING YOUR FAMILY DENTIST

- It is very important to continue to see your dentist during orthodontic treatment
- We recommend that you have a thorough cleaning before starting your orthodontic treatment
- Follow up with regular cleanings approximately every three months
- If you do not have a family dentist, we would be happy to give you a name of a dentist in your area who we feel will work well with you.