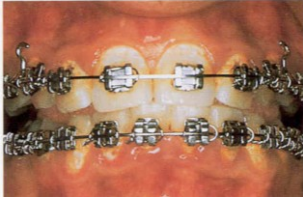
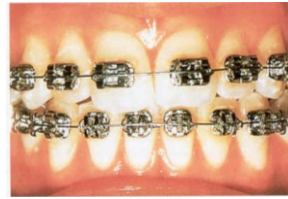


HYGIENE CARE

Proper oral hygiene throughout orthodontic treatment is necessary to achieve excellent results and prevent cavities, gum problems, and white spots from developing.



Example of poor hygiene



Example of good hygiene



- You must brush your teeth better than ever! Food that collects on your brackets and between your teeth and gums can cause stains, cavities, and unpleasant odors. You should brush your teeth after each meal and before bed; that is FOUR times a day. Brushing should take 2 minutes for upper teeth and 2 minutes for lower teeth. Extra care must be taken in the "danger zone". This is the area where food will collect between your teeth and gums. Be sure to angle the toothbrush properly so the bristles clean all around the sides of the bracket and under the wire. Be thorough and take your time! At bedtime, you will rinse with your **Phos-Flur** after brushing. Remember to not eat or drink after using it. It works while you sleep!
- DO NOT forget to brush your gums! Children can tend to neglect the gums once they have braces. Make sure your bristles are brushing your gums, too. If your gums get puffy or bleed, you need to take more time and brush them better. Flossing 1 time a day is also recommended.
- In your bag: Floss threaders, proxabrush, orthodontic wax which can all be purchased, if needed. The floss threaders make it easy to get the floss under your wire. The proxabrush will help you to reach small spaces your toothbrush can't. Both items assist you in achieving good hygiene. Wax is temporarily used if ulcers appear.

Brushing and hygiene is checked and scored at EVERY VISIT! Please remember, our intent is **never to scold** you if you are not brushing properly but to give you the best outcome possible with your smile. We take special steps to help your teeth and gums to remain healthy while in treatment. We are always happy to help you on brushing when it is needed.

DIET

- Watch the food you eat! In order to avoid breakage and delayed treatment, you must think about your food choices. There are two main groups of foods not to be eaten:
 - 1) Hard, Crunchy Foods: ice, nuts, popcorn, seeds, hard candy, sourdough pretzels, kettle chips, etc.
 - 2) Sticky, Goopy Foods: gum, taffy, tootsie rolls, caramel, starbursts, swedish fish, skittles, etc.
- No biting into hard things! Apples, carrots, celery, corn on the cob, wings, ribs, etc. Cut or break into small pieces and chew on your back teeth.

Limit sugary drinks! Colas, sports drinks, energy drinks, mountain dew, etc. can be harmful to your enamel and can cause white spots.

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