

You have finally scheduled the day to have your braces removed!

Now that we have accomplished our goal of giving you the perfect smile and healthy bite, we need your help to make your new smile look its absolute best. Here are a few tips to help you achieve the healthiest gums and teeth before we remove your braces:

1. We want your gums as healthy as possible when we remove your braces. It will help your retainers fit better. Brush twice a day with regular, kitchen baking soda. Put baking soda on your toothbrush and be sure to scrub your gums thoroughly. Unfortunately, it does not taste very good and your gums may bleed while brushing. By doing this, you will have a less chance of your gums being inflamed and bleeding after the braces have been removed. Be sure to brush with your toothpaste after using the baking soda.
2. Floss, floss, floss! If you have not been flossing, be sure to floss your teeth once a day.
3. Please be sure to call the office if a bracket would break or any small spaces begin to open between your teeth. We would not want to delay the removal of your braces from the date it has already been scheduled.

By following the tips provided above, together we can achieve the best outcome for the most beautiful smile on your big day!

You have worked for it and you deserve it!

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