

Hygiene Care

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

Our intent is not to scold your child for not brushing properly, but to re-educate on the proper techniques and steps that need to be taken to prevent permanent and irreversible damage from occurring to the teeth.

Steps needed to improve the oral hygiene:

- 1) **Review of brushing, flossing, floss threader, proxabrush, and rubber tip stimulator techniques.**
The teeth must be brushed after every meal. A proxabrush must be used after every meal. Flossing is to be done once per day. A Sonicare is the best available tooth brush to use with braces. Be sure to visit our website and look under the emergency section for an instructional video to review everything discussed today.
- 2) **Brushing Key Points:** use proper pressure, make sure bristles extend under the gums and wires, brush all sides of the brackets and teeth, brush the gums, tongue, and roof of the mouth also. Be especially thorough if an elastic chain or power thread is in place. Replace your tooth brush every three months with braces.
- 3) **If bleeding occurs when brushing or flossing, active gingivitis is already present!** Do not be afraid of the bleeding! It will disappear when hygiene improves as gingivitis is reversible. The bleeding is your bodies attempt to “push out the bad bacteria”.
- 4) **Rinses** that are recommended to use. PhosFlur and/or Peroxyl. The PhosFlur is to be used every night after brushing and flossing. The Peroxyl is to be used after brushing at meal times.
- 5) **Steps** that we will take to improve hygiene.
 - 1) _____ Educate the patient with the parent present.
 - 2) _____ Re-educate again with a parent present and stress developing white spots or gum problems.
 - 3) _____ Begin use of Gel Fluoride- PreviDent 5000 or MI Paste
 - 4) _____ Prescribe PerioGuard
 - 5) _____ Professional Cleanings at 3 month intervals
 - 6) _____ Braces may need to be removed early.

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