



# Instructions for care of your orthodontic appliances (Braces)

***We ask your cooperation in properly caring for the appliance in order to be able to provide you the best in orthodontic treatment. Your complete cooperation will also help speed treatment to an early completion.***

1. **The teeth MUST be kept clean.** When brushing teeth, have one row of bristles on gums, as **food irritates the issue, causing the gums to become swollen and to bleed easily.** The teeth will stain and/or decalcify if not kept clean. If you are not able to adequately clean your teeth with the tooth brush alone, you can *aid* brushing with a Water Pik.
2. **Avoid unnecessary breakage** of the appliance by avoiding foods on the **No- No Foods List we have reviewed with you.**
3. **Particular attention should be paid to the diet, reducing the consumption of sweets;** especially regular pop and candy.
4. **If any of your braces become loose, please call our office as soon as possible.** However, if a brace or wire is poking causing gum or cheek irritation, place wax over the area to relieve the discomfort and call our office **immediately** for a appointment.
5. If **discomfort** follows either the placement of the braces, or following your regular appointments you may take Tylenol, Advil, or similar medication every 4 to 6 hours until relieved. With any severe pain, contact our office.
6. **Your regular appointments are scheduled at specific intervals to maintain your best treatment.** If you need to change your appointment, please give us as much notice as possible so we may release your time to someone else, and see that you have another appointment made for you.



***\*\*\*Most of our patients are school children. We are unable to give each one an appointment after school, but will alternate appointments between morning and afternoon. We will do our best to give you a convenient time.***



## Tooth Brushing Instructions for Orthodontic Patients

### General Instructions:

1. Brushing should be done in front of a mirror so that you can see if you are accurate and thorough.
2. An approved fluoride toothpaste is recommended to help prevent cavities, but brush occasionally without paste so you can see if the bristles are getting the plaque off the teeth.
3. The greatest effort should be made to clean the area between the braces and the gums.
4. A disclosing red tablet is recommended to show where food and plaque is adhering to the teeth.
5. A soft or extra soft nylon brush is recommended.



### Brushing Instructions

1. Brush **at least** three times, per day, especially after meals.
2. Use a small rotating motion (small circles) and medium pressure on both the inside and outside surfaces. **Do not** use vigorous scrubbing.
3. Check in the mirror for food that was missed. If needed, re-brush gum area and braces, to remove any remaining food and plaque.
4. Brush the biting surfaces.
5. Flossing is preferred to be done **before** brushing to help dislodge food particles between the tooth surfaces.



### Decalcification

1. Decalcification is permanent scarring that is caused by not brushing or flossing properly, and by having a high sugar intake.
2. **If your teeth start to show signs of decalcification, TREATMENT MAY BE DISCONTINUED.**



### \*Extra Notes\*

1. **Continue to see your general dentist for check-ups and cleanings every six months throughout orthodontic treatment.**
2. **We recommend a fluoride rinse every evening before bed.**