

## Orthodontic Care Instructions



Congratulations on beginning your orthodontic treatment! There are a few things you should know about taking care of your teeth and orthodontic appliances while you are in braces. It may take some getting used to but the end result is really something to smile about!

### Home Care Products

- Oral B Toothbrush: It is important that you brush and floss regularly. We recommend brushing your teeth after every meal.
- Floss Threaders make flossing with braces much easier. It works like a needle and thread and should be done once a day.
- Wax can be applied to any areas that may feel uncomfortable. Make sure that the area is dry and apply a small ball of wax. Reapply as needed.

### Orthodontic Check Ups

While you are in braces, we will see you every 4 to 8 weeks to check your progress and make adjustments to your brackets and wires. These appointments usually last about 30 minutes.

### Cleanings

Keeping your teeth clean is extremely important while you are in braces so you can avoid cavities. Because brackets and wires attract more plaque build up, it is necessary to have your teeth cleaned more frequently. In addition to your orthodontic check ups we will see you every three months to clean your teeth.

### Tips, Restrictions, and Recommendations

- Certain foods can break or loosen brackets in your mouth and should be avoided; chewing gum, chewy candies such as caramels, popcorn, biting into apple and corn on the cob.
- While they are easy to fix, broken brackets and wires can be very uncomfortable. In most cases, emergency treatment is not necessary but it is important to have these problems fixed.
- General soreness is normal and although it may be uncomfortable, your teeth are moving and making progress.



If you have any questions or concerns, please call us at (505) 867-1442.