

## HOW DO I BRUSH/CLEAN/AND TAKE CARE OF MY TEETH?

Maintaining proper oral hygiene is very important during orthodontic treatment. Proper hygiene care is emphasized and reviewed during each visit to our office. We advise that you:

- Brush with a soft toothbrush at least 3 times a day, after every meal
- Floss routinely
- Use the interproximal brush that we provide in your orthodontic kit
- Avoid sticky, chewy or hard foods that could damage the braces
  - Bending wires and knocking off brackets will make your time in braces longer.

The goal is to remove plaque from around the teeth and gums. It is the bacteria in plaque that is responsible for causing inflamed gum tissue (gingivitis) and decay. Reduce your consumption of sweets and carbohydrates. Plaque and sugar combine to make acid, which can cause decalcification (white spots) on teeth.

We strongly recommend that you maintain regular visits with your general dentist. The cleaner your teeth, the more successful your orthodontic experience will be!