



ORTHODONTICS

- **Always** brush your teeth thoroughly after eating. Use the special orthodontic toothbrush that we gave you to get under your braces.
- If you are unable to brush, you **MUST** rinse vigorously to loosen any food debris. If possible use a water pik.
- Persistent bleeding gums may indicate that you need to do a better job brushing. If it does not improve, please let us know.
- Please limit foods that contain sugar. Teeth with braces can trap food easily and therefore are prone to cavities. If you do eat a food that contains sugar, you **must** brush immediately afterwards. Your bones, gums and teeth need a balanced diet to remain healthy during treatment.
- **Do not** eat anything **sticky, chewy, or hard!**
- A pain reliever like Advil or Tylenol can be taken after your appointments if necessary.



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- **Call immediately** if a wire, bracket, band or appliance becomes loose or broken. Loose or broken braces and appliances do not work and this will prolong your treatment.
- If you are wearing headgear or retainers, you must bring them with you to **every** appointment.
- If you are wearing elastics, do not remove them before an appointment. We need to see them
- It is important to maintain regular visits with your dentist and professional dental cleanings during orthodontic treatment. Please discuss more frequent cleanings during treatment with your dentist.

If you or your parents have any questions or concerns, please call our office.

We are always happy to help!



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