

# ORAL CARE WITH BRACES

## BRUSHING

Brushing your teeth three (3) times a day or each time you eat is sure to keep your smile bright and healthy. Keep your toothbrush handy by putting a travel one in your purse, locker, backpack, suitcase, etc.

## HOME CARE KIT

You will go home with a complete kit of dental hygiene items. In it you will find a travel case with a toothbrush and toothpaste, a proxy brush and wax to help you with your home care.

## FLOSSING

Flossing is even more important with braces. You can use floss threaders to help guide the floss through your teeth above the wire. You can also choose to utilize a Water Pik to help get into the hard to reach places.

## BUILD UPS/TURBOS

If something is loose or broken, please call our office during normal business hours to schedule an appointment. While this does not classify as an orthodontic emergency, to keep treatment on track, it is best not to wait until your next appointment.

## APPOINTMENTS

It is important to keep each appointment throughout your treatment in order to keep progressing toward your bright new smile. However, if you must cancel your appointment, please call our office ASAP to reschedule.

## COMPLIANCE

Wearing any appliances (including elastics) as instructed will result in better results. If you do not wear the appliance as instructed your results can vary from the original treatment plan and can cause treatment delays.