



Associated  
Orthodontists

EST. 1969



## Getting To Know Your Braces

**Congratulations on the start of your new smile!** It is extremely important that you pay special attention to your teeth during treatment, following the important guidelines below:

- Visit your dentist for regular cleanings — every 4 - 6 months is recommended
- Brush your teeth 4 TIMES PER DAY
- Floss regularly
- Choose brace-friendly foods — nothing hard, sticky, chewy or crunchy
- Avoid soft drinks — choose water or milk

**SORENESS:** A few hours after the braces are placed or an adjustment takes place, you may experience some soreness. The soreness should go away within 2-3 days. It is best to eat softer foods that require little effort to chew.

### BRUSHING:

1. 4 TIMES PER DAY — after each meal and before bed. This helps eradicate food particles that become lodged in your braces and removes bacteria and plaque that can cause tooth decay, gum disease and decalcification (permanent discoloration on the tooth surface around the brackets).
2. Use small, circular motions. BRUSH SLOWLY AND TAKE YOUR TIME!!! Use a small amount of toothpaste in the morning for freshness. During the day, brush using just water first and then toothpaste when able.
3. Angle the toothbrush under the wire, brushing all sides of each tooth and bracket. Look in the mirror to make sure all food has been removed from brackets.
4. Finish with a Fluoride mouthwash — SEE REVERSE SIDE.
5. We recommend using an electric toothbrush and a Waterpick®.

GreatBraces.com

## FLUORIDE MOUTHWASH:

1. After brushing, rinse with a Fluoride mouthwash specifically for braces (i.e., Act® Brace Care™, Colgate® Ortho Defense®).
2. Rinse at least once each day at bedtime, or per manufacturer's directions.

## PROXY BRUSH (CHRISTMAS TREE BRUSH):

1. Used for removing food from in between brackets.
2. Do not substitute the proxy brush for flossing. Use WATER only.

**FLOSSING:** Floss every night before bed or floss the upper teeth one day and lower teeth the next day. Flossing helps remove food particles from between the teeth and places the toothbrush cannot access.

**SALT WATER RINSE:** This solution may help alleviate discomfort, provide aid for mouth sores and toughen the skin on the inside cheeks. Mix a teaspoon of salt in a glass of warm water, swish around for a minute or two and then spit it out.

**WAX:** Used in cases when the wire or bracket is irritating the inside of lips or cheeks.

**FOODS TO AVOID:** Your braces and wires are made of metal, but at the same time they are very fragile and are usually damaged by eating the wrong foods. This can cause treatment to become longer. Please avoid the following foods during treatment:

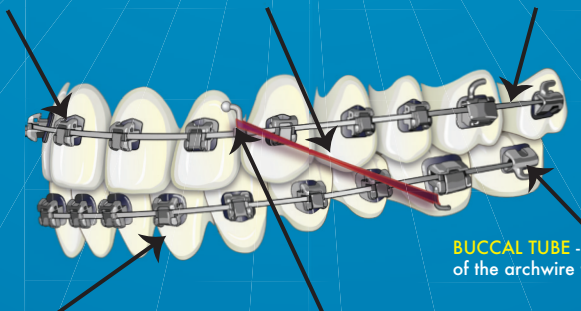
- Hard Candy
- Gum
- Popcorn
- Ice
- Caramel
- Hard Chips
- Pretzels
- Anything sticky, chewy, crunchy or hard

## A PEEK AT ORTHODONTICS

**BRACKET** - Brace that is glued directly to the tooth surface that holds the archwire in place.

**ELASTICS** - Rubber bands that are hooked between the braces creating pressure to correct the position of teeth or jaws.

**ARCHWIRE** - The archwire is a metal wire which is attached to your brackets to move your teeth.



**DIRECT BONDING** - The bracket is cemented directly to the tooth surface.

**ELASTIC HOOKS** - Attachments that offer an anchor for the elastics.

**BUCCAL TUBE** - Holds the end of the archwire firmly into place.