

WORLD OF ORTHODONTICS

Now that your orthodontic appliances have been placed, to help us achieve the best result possible please follow the instructions below:

Care of Braces

1. **Brushing:** Brush 2-3 times daily taking at least two minutes per time. Use the brushing techniques and supplies as instructed. Teeth and gums should look shiny at all times. Brushing only with water at school is acceptable as well as dry brushing (without toothpaste) while watching TV or reading
2. **Flossing:** Daily.
3. **Fluoride:** If you wish you may purchase an over the counter rinse such as ACT or Phos-flur. Both can be purchased at a pharmacy or local Target or Walmart. Please use every evening after brushing.
4. **Proxy Brush:** Small “tree” looking brush can be used to reach hard to reach areas and between the brackets.

Discomfort Instructions

1. **Pain Medication:** Use Tylenol (Acetaminophen) or Advil (Ibuprofen) as needed. Take with food before the onset of pain.
2. **Wax:** Press a small piece on the dried bracket, hook, or post to reduce irritation.
3. **Rinses:** Salt water rinse (Use eight ounces of warm water with a 1/2 teaspoon of salt) or products such as Rincinol or Peroxyl can be used two to three times daily.
4. **Diet:** Please remember to avoid hard sticky foods (review sheet previously given).

Most orthodontic problems or emergencies can be addressed by visiting our website or contacting us via phone.

Please Remember To Continue REGULAR CHECKUPS With Your Family Dentist.