

# FLOSSING AND BRUSHING WITH BRACES



Insert floss behind archwire.

Gently clean sides of teeth and under gums with an up-and-down motion.

Floss between all teeth once a day.



Use a soft toothbrush. Start brushing on the upper right. Brush above and below the braces using a small circular motion. Slowly work your brush toward the front teeth and over to the left side. Then brush the insides and biting surfaces. Take your time.



Starting on the right side, brush the outside of the lower teeth. Using a circular brushing motion, brush above and below the braces until the teeth and braces are sparkling clean. Work the brush slowly toward the front and left side. Then brush the insides and tops of teeth.

## AFTER BRACES

Excellent Brushing and Flossing



Healthy Gums, Beautiful Teeth

Poor Brushing and Flossing



White spots on permanent teeth

Decay

Sore, Swollen Gums

**PLEASE CONTINUE TO VISIT YOUR DENTIST REGULARLY WHILE YOU HAVE BRACES.**

# 4 Things That Can Shorten Treatment Time

## 1) Keeping Your Appointments and Being on Time

Each missed appointment can lengthen treatment time by about a month.

## 2) Not Breaking Your Appliances

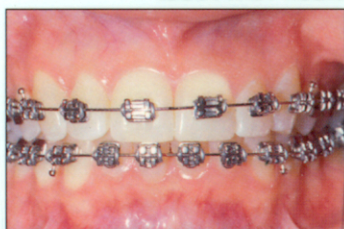
Broken appliances can stop or reverse treatment progress. *Please be sure to wear a mouth guard to protect your teeth and braces when participating in contact sports.* Extensive repairs may require an appointment during school or work hours.

## 3) Wearing Your Elastics and Appliances as Instructed

Your teeth won't move if instructions are not followed.

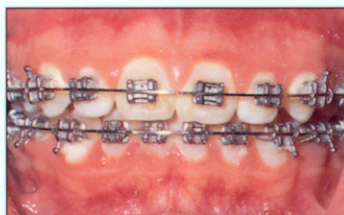
## 4) Keeping Your Teeth and Braces Clean

All efforts should be focused on designing your new smile, not on unhealthy teeth and gums. Clean teeth with healthy gums move faster.



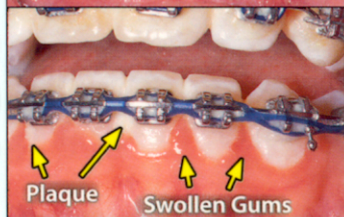
Excellent  
Brushing and  
← Flossing

Beautiful Final  
Result →



Poor  
Brushing and  
← Flossing

White Spots  
and Swollen  
Gums →



Unhealthy  
Gums Caused  
by Plaque  
← Buildup

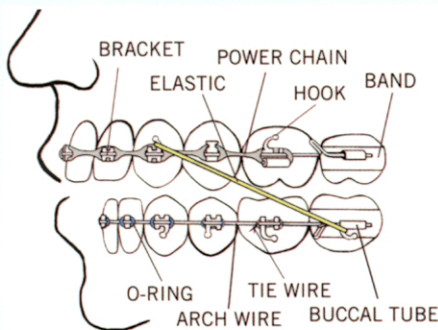
Decalcification  
From Poor  
Brushing →



If something is loose or broken, please call during office hours. It's best not to wait until your next appointment. Place any piece that comes off in an envelope and bring it with you.

Use this diagram to tell us what is loose or broken. →

In the unlikely case of discomfort that you cannot manage, we are available when you need us.



# PREVENTING PROBLEMS WITH BRACES

**Cause**

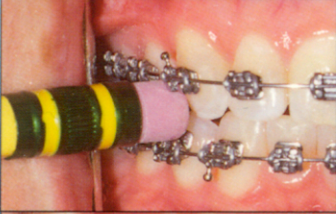
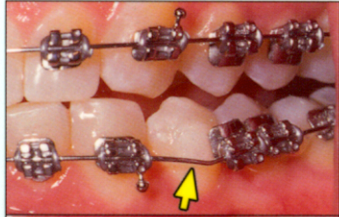
**Effect**



Biting Ice



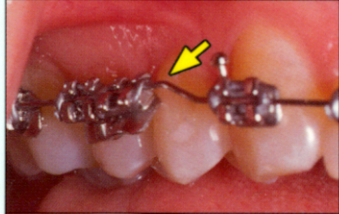
Bracket Loose



Chewing on Pens or Pencils



Bent Archwire, Bracket Loose



Chewing Caramel



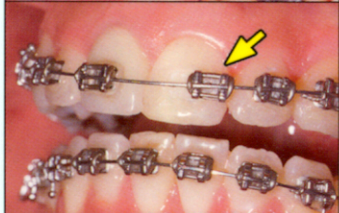
Band Loose



Biting Whole Apple

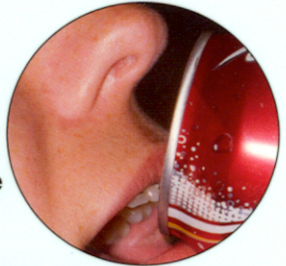


Bracket Displaced

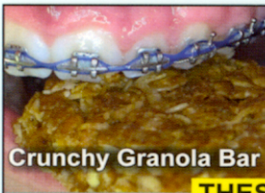


## Special Caution

Drinking sodas while you have braces may cause permanent damage to your teeth.



Sugar + Plaque = Acid → Swollen Gums + White Spots + Decay



Crunchy Granola Bar



Popcorn



Hard Candy

**THESE CAN BREAK YOUR BRACES**



Picking



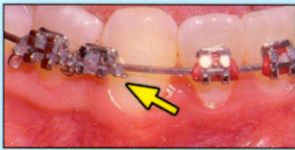
Crunchy Foods



Gum

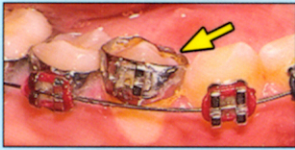
# PROBLEMS

# SOLUTIONS

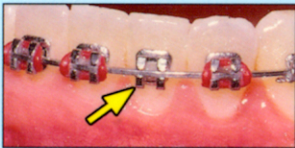


LOOSE BRACKET

If the bracket or band is still attached to wire, leave it in place. If uncomfortable, cover with wax. If it comes out completely, bring it with you to the next appointment. Call for an appointment. **DO NOT CONNECT HEADGEAR OR ELASTICS TO A LOOSE BAND.**



LOOSE BAND



LOST TIE WIRE OR ELASTIC TIE

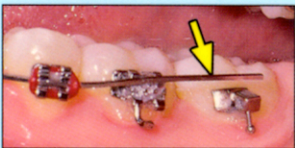
Please call to ask if an appointment is necessary. Notify the assistant at your next appointment.

HEADGEAR OR APPLIANCE DOES NOT FIT

Call for an appointment.

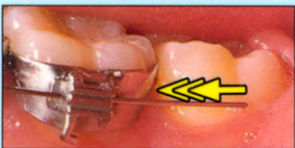
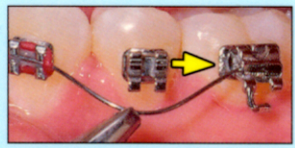
SORENESS FROM BRACES

Rinse the mouth with warm salt water. If necessary, take the pain reliever that you would use for a headache or similar discomfort.



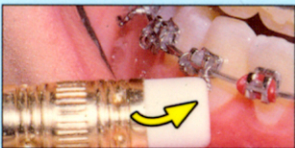
WIRE OUT OF TUBE

Try to place wire back into tube with tweezers. Place wax if uncomfortable, call for an appointment



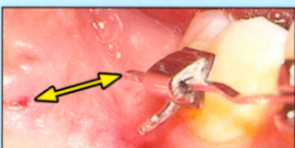
ROTATED ARCHWIRE

Try to slide wire back around to the other side. If unsuccessful, place wax and call for an appointment.



POKING TIE WIRE

Bend wire back with a spoon or pencil eraser. If unsuccessful, cover with wax and call for an appointment.



POKING ARCHWIRE

Cover with wax or wet cotton. Call for an appointment.

ACCIDENTS INVOLVING TEETH **Call your dentist or orthodontist immediately.**

**EXTENSIVE REPAIRS MAY REQUIRE AN APPOINTMENT DURING MORNING HOURS. PLEASE BE CAREFUL WITH YOUR BRACES.**