



## **Brushing Instructions:**

**BRUSHING:** Keeping your teeth clean is very important to prevent white spots and cavities on the teeth and to keep your gums healthy.

- You should brush your teeth at least three times a day or after every meal (whichever is more).
- Brush in a circular motion over each tooth; make sure you clean the area between your braces and gums.
- Once a day, use a proxy brush to clean under the wire, where your regular toothbrush cannot reach.
- Once a day, floss between teeth with the help of a floss threader.
- A water-pik may also be used to get to hard-to-reach areas around brackets and under the wire.

## **FLUORIDE:**

• Please rinse with a fluoride mouth rinse three times a day. After rinsing, do not eat or drink anything for at least 1/2 hour. **DO NOT SWALLOW THE FLUORIDE MOUTH RINSE.**

**FOOD:** Do not have hard and sticky foods, avoid in-between meal snacks, minimize foods high in sugar content, and brush after you eat.

## **Guidelines:**

- Do not chew gum.
- Do not eat chewy or sticky candy (caramel, jelly beans, gummy bears, starbursts etc.).
- Do not bite hard candies (jawbreakers, lollipops, etc.).
- Do not bite into sub rolls or pizza crust. Break off bite-size pieces and chew on your back teeth.
- Cut apples and carrots into small pieces/thin slices and bite with your back teeth.
- Do not eat peanuts or bite on ice cubes.
- Cut meat from the bone and chew on back teeth (spare rib, chicken, etc.).
- Remove corn from the cob.
- Keep pens, pencils, and fingers out of your mouth.

**BREAKAGE:**

- Every night after you brush your teeth, look at your teeth and check your braces. If something is broken or loose, call and inform our office the next day.

PLEASE BRUSH YOUR TEETH BEFORE EACH APPOINTMENT