

## ORAL HYGIENE INSTRUCTION SHEET

*PARENTS PLEASE PLAY AN ACTIVE ROLE IN HELPING  
YOUR CHILDREN KEEP PROPER ORAL HYGIENE*

### WHAT TO EXPECT FOR THE NEXT COUPLE OF DAYS IF YOU HAVE JUST HAD BRACES OR HEADGEAR PLACED

Your mouth and teeth will feel tender for the next three to seven days, so keep yourself on a soft diet (e.g. soup, pasta, rice, mashed potatoes, etc.). If you experience headaches or your teeth are very tender you may take either Tylenol OR Advil (follow the instructions on the bottle and do not exceed daily recommended doses). If anything sharp is bothering you or if you have any small sores in your mouth then cover that area with the wax that we provide you with.

**With orthodontic treatment there are certain foods that  
need to be avoided during the treatment such as:**

#### **STICKY FOODS**

Gummy bears, gum, toffee, caramel, fruit roll-ups, dried fruit etc. These types of food have tendency to break the braces and bend the wires. This will necessitate more visits and add to your treatment time.

#### **HARD FOODS**

Nuts, hard candies, jaw breakers, hard chocolate bars (Mars, Crispy Crunch, Oh Henry, Mr. Big, etc.), popcorn, hard pizza crust.

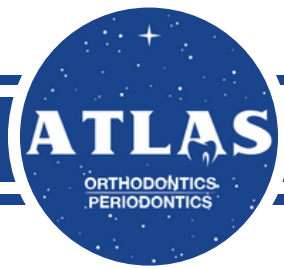
#### **HARD THINGS**

Avoid chewing on ice, chewing on the back of pens, gnawing on chicken or rib bones. These types of foods and things are too hard and will break the braces or bend the wires.

**It is very important to cut all fruits, vegetables and meats into bite sized portions.**

IF YOU EVER HAVE A BROKEN WIRE, LOOSE BRACE, OR HEADGEAR BAND, PLEASE GIVE THE OFFICE A CALL EVEN IF YOU ALREADY HAVE AN APPOINTMENT COMING UP. WE HAVE TO MAKE EXTRA TIME FOR YOU.

**\*NOTE:** As a courtesy, patients are asked to please brush their teeth before being coming to the clinic for their appointment.



*If you do not brush your teeth properly you will end up with swollen infected gums as well as **PERMANENT** stains and scars around the braces on your teeth!*

## BRUSHING

- It is recommended that the teeth be brushed three or four times a day, after every meal and before going to bed. The areas between the braces and gums are the most important areas to brush.
- To brush properly, roll your tooth brush in a circular motion around each brace. If you have an ELECTRIC toothbrush you can still continue to use it throughout your treatment.

## PROXABRUSH

- The proxabrush or 'Christmas Tree Brush' should be used twice a day, once in the morning, once at night. It is used to clean between the braces and behind the wire going across the teeth.

## SULCABRUSH

- The sulcabrush can be used to trace the along the area where your teeth and gum meet. Sometimes our toothbrush misses the gumline and this will help clean that part of the tooth.

## FLOSSING

- It is recommended that the teeth should be flossed once a day preferably at night when you have more time.
- Use the floss threaders provided. If you have difficulty, orthodontic floss picks (Plackers/Platypus) can be purchased and a Waterpik may also be helpful.

**It is highly recommended that all our patients rinse daily with a FLUORIDE mouth rinse to help prevent cavities.** (e.g. Listerine with fluoride or Oral-B Anti-bacterial with fluoride)

## CLEANINGS WITH YOUR DENTIST

- It is important to continue regular cleanings visits and check-ups with your family dentist every 3-6 months as we do NOT do cleanings at our office.
- Some dental offices may recommend more frequent cleanings if your oral hygiene is a concern.

## SPECIAL WIRES (HEAT ACTIVATED WIRES)

- We use these wires so our patients can have pain control. You may experience discomfort for the next week but it does get better.
- If you have these wires and you are experiencing discomfort, we ask that you drink something cold and it will decrease the tension on your wires and you will feel less pain.
- If you do not experience discomfort, try and drink something hot twice a day (hot tea or soup). The heat increases the tension on the wires and help straighten your teeth a little bit faster.

## BREAKAGES

- If braces come off which are not attached to a wire please wait until your next visit to let us know (e.g. the second molars, your very last molars).
- Broken brackets which are attached to the wire should be replaced.
- It is important that you call us if you have any breakages to ensure we make enough time for repairs at your next visit.