

SOMETHING TO Smile

ABOUT



The importance of brushing and flossing for kids and adults with braces is vital.

The recommended amount of brushing is after each meal and once before you get to sleep at night. We commend rinsing your mouth thoroughly with a strong mouth wash to help keep the gums and prevent gingivitis.



- 1. Prepare to brush.** Take off elastics, and any other removable parts of your orthodontic appliance.
- 2. Clean your braces.** Use your brush at a 45-degree angle to clean around the wires and pins of your braces. Brush from the top each wire and then from the bottom. (Take time to ensure that all plaque and debris are removed, and that you work all the way around upper and lower teeth.)
- 3. Brush your teeth.** Clean each tooth individually. First, place your brush at a 45-degree angle to the junction between the tooth and the gum, then apply gentle pressure as you move in a circular motion. Do this for about 10 seconds. Use the same brushing action on all outer and inner tooth surfaces, tilting the brush as needed to better reach the insides of smaller front teeth.
- 4. Floss once a day with super floss.** A type of floss cleaning around appliances such as braces. Have your dental profession show you how to use this floss, or follow the instructions on the product package.
- 5. Rinse and check your teeth.** Rinse thoroughly with water or mouth rinse, and examine your teeth and braces in the mirror. They should sparkle, shine and feel clean.

Dental braces can be damaged if proper care is not taken. So what do you do if you have problems with orthodontic braces?

If you are not able to visit the orthodontist immediately when you have a problem with braces, you could use the following tips to handle the problem until your appointment:



LOOSE BRACKET OR LOOSE BAND

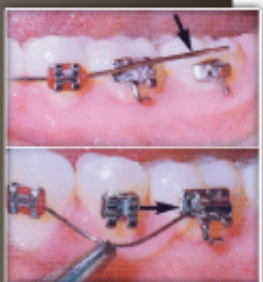
If the bracket or band is still attached to the wire, leave it in place. If uncomfortable, cover with wax. If it comes out completely, bring it with you to the next appointment. Call for an appointment.

DO NOT CONNECT HEADGEAR OF ELASTICS TO A LOOSE BAND.



LOST TIE WIRE OR ELASTIC TIE

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



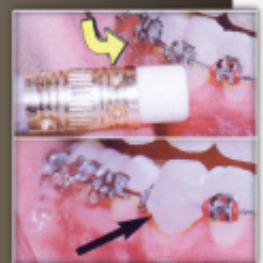
WIRE OUT OF TUBE

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



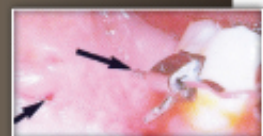
ROTATED ARCH-WIRE

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



POKING TIE WIRE

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



POKING ARCH-WIRE

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