

## **Orthodontic Patient Instructions:**

1. The most important phase of your orthodontic treatment is keeping your teeth clean. It is essential that you brush after each meal, snack and at bed time.
2. If you plan to use the water-pick, do not try to substitute this for a good brushing and flossing. Flossing will be a little time consuming, but must be done at least once daily.
3. Avoid sweets as much possible. If you do eat sugary foods and snacks, remember to brush after you eat the sweets. Do not allow this sugary starch to stay on your teeth for any length of time, as this will cause decay.
4. Avoid sticky – as well as hard- foods such as taffy, caramel, sugar daddys, bubble gum, chewing gum, ice, nuts, hard kernel of popcorn, pizza crust, raw carrots, chicken bones, and ribs. Do not bite on pens, pencils, fingernails, or any hard object.
5. Before bedtime, brush thoroughly and floss.
6. If any bands become loose, wires break, brackets come off, etc., please contact our office immediately. **DO NOT WALK IN**, as re-cementing bands or replacing brackets can be very time consuming and the waiting period may be extensive due to regular scheduled patients. However, do not wait until the next scheduled appointment, unless specified by doctor or an assistant, as this will only delay or extend your orthodontic treatment time.
7. Patients undergoing orthodontic treatment are seen on a monthly basis. Please make it your priority to be seen on a monthly basis so that treatment will not be delayed and so that proper supervision can be maintained.
8. While on your child is under orthodontic treatment, it is very important for your child to maintain good dental hygiene. A check up, cleaning and fluoride treatment should be done every six months. There is definite evidence that sugar and sticky food substances create an acidic environment in the mouth that speeds up the process of dental decay and causes the bonding materials used to cement the bands and brackets to breakdown , therefore causing them to become loose. Having plaque sitting on your teeth for a long period of time will also cause periodontal involvement. We have compiled a list of foods and snack that should be avoided while under treatment, we expect good results and good dental health.