



TAKING CARE OF YOUR NEW BRACES

When you have braces it's tougher to keep your teeth plaque free and avoid cavities. Use a soft tooth brush and a toothpaste with fluoride and be sure to brush after every meal. Brush every surface of every tooth. Give extra attention where the brackets and bands meet the tooth and the tooth meets the gum line.

Brush in small circular motions, brushing 2 to 3 teeth at a time. You must also floss your teeth because the toothbrush bristle simple can't remove the plaque between your teeth. Thread the floss into the floss threader and slide it up under your arch wire, then pull the floss between your teeth. Pull it into a "C" shape and then move it around your mouth flossing both sides of every tooth.

After you're done check carefully to see if you've missed any areas and then rinse thoroughly with a lot of water.

Cutting down on sweets will help avoid cavities. So avoid sticky sugary foods. Beware of hard foods such as nuts, ice, hard candies, etc.; they can damage your braces.

Eating softer foods and cutting hard foods into smaller bites is your best bet in avoiding bracket dislodgement or a bent arch wire.

Watching your eating habits and careful attention to your daily home care will keep your mouth healthy and keep those teeth looking great when your braces are removed.