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ORAL HYGIENE INSTRUCTIONS

As a patient of our office, you will be expected to properly clean your teeth and braces. We will ask that you remove plaque that accumulates on your teeth everyday. Plaque contains bacteria. The bacteria will produce acids and toxins that, if not removed, will eventually cause decay, gum infection, scars on the teeth, and slow your orthodontic progress.

In order to remove the plaque and bacteria from your teeth most effectively, we recommend a **mechanical toothbrush**.

Brush **in the morning, after meals and at bedtime**. Brush for **5 minutes** each session.

When done brushing, check that all areas are clean.

The brush should be changed every 3 months, or when the bristles start to show wear.

Most of the plaque on your teeth will collect between the brackets and the gum line.

When brushing, you need to concentrate on area around the brackets, gum line and under the wires.

Angle the brush head to get between the bracket and along the gum line.

Be sure not to move too quickly. You must give the brush enough time to work in each area.

Brush for **5 minutes** each session.

Do not forget to clean the remaining surfaces of your teeth **as well as your tongue**.

A proxy brush (a small cylinder like brush) that you will receive, helps to clean around each individual bracket.

Use **at least** once daily in addition to your regular brushing.

To use the proxy brush, wet it with water only (no toothpaste needed). Use the brush beneath the arch wire, around the brackets, around the hooks and between the teeth.

The tips on the proxy brush should be changed when they start to show wear.

We are also providing Prevident 5000 fluoride prescription strength toothpaste to use during your treatment.

You will use this in place of your regular toothpaste once a day at your bedtime brushing.

You should not rinse after using the Prevident. Do not eat or drink for at least 30 minutes after brushing with Prevident.

The fluoride helps the enamel become more resistant to decay as well as inhibit plaque formation.

You will be able to purchase more Prevident at our office after the initial bottle we provide you has been used.

Prevident may be purchase at the front desk for \$10.00 per bottle. Payment is due at purchase.

No Purchase will be billed.

Our staff is committed to providing quality care to you as well as the necessary instruction and information you need to properly care for your teeth. **However, only you can actually provide the necessary maintenance on a day-to-day basis in order to have a healthy mouth and successful orthodontic treatment.**

For additional reference with good pictures for brushing, you can go to YouTube: Bracesquestions.com or Google also has some great videos.