

## Special Orthodontic Oral Hygiene Instructions

(1.07)

Congratulations on starting your treatment! Prior to receiving your orthodontic appliances, most general dentists and hygienists suggest brushing two times a day. With orthodontic treatment, this changes. In order to keep your new smile healthy we recommend the following **5 STEPS**. All five are necessary. Remember healthy teeth move faster.

**1. Dental Visits - See your family dentist and hygienist at least once every 6 months** throughout your treatment with us - this is very important.

**2. Rinse - Rinse two times every day.** We suggest using one of the following FDA approved oral rinses: **Listerine Antiseptic, Listerine Cool Mint, or Listerine Fresh Burst.** Rinsing before brushing breaks down plaque. It's best to rinse after breakfast and after dinner. The suggested amount is 20 ml (4 teaspoons) for 30 seconds. *If you are 12 years of age or younger we suggest diluting it with 1/2 water.*

**3. Brush - Brush four times every day.** After Breakfast, after lunch, after dinner, and bedtime. We understand you will not always be able to brush during school hours. However you can brush as soon as you come home from school. Remember to brush at a 45 degree angle above and below your braces in a circular motion, and brush every brace and tooth. Having a relaxed smile helps to get those hard to reach areas and makes it easier to get around the braces.

**4. Floss - Floss once every day using glide or waxed floss, and flossing aids** if needed. If flossing is a challenge for you, the **WaterPik Power Flosser** is economical and makes flossing with braces a breeze! Place the floss under your wires first, and then between your teeth using a scooping motion to clean the sides of the teeth.

**5. Strengthening - Rinse once every day with Phos-Flur.** It is non-prescription and usually found behind the pharmacy counter. Phos-Flur is a great help in preventing stains and tooth decay. The best time to rinse is just before bed.

Congratulations again - and remember that **EFFORT = RESULTS**. Keep smiling!

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