

BRIGHT TEETH FOR LIFE

If you wear braces or other appliances, you need to give your teeth extra care. Food can get trapped between wires or pressed up against a tooth. Over time, that can cause stains that won't come off. It also can lead to cavities and gum disease. Good cleaning habits can help prevent these problems.



1. If you clean your teeth carefully while wearing an appliance, you can have bright stain-free teeth and pink, healthy gums.



2. If you don't keep your teeth and appliance clean, you can get stains that won't come off. You can also get tooth decay and puffy gums.

HOW TO BRUSH

Brushing your teeth and appliances should take at least 3 minutes. For best result, use a brush with a small head and soft bristles. Brush in the morning, after eating and before bed



1. Brush the front and back of each of your front teeth. Hold the toothbrush at an angle and use slow, circular motions.



2. Work the brush between the wires and brackets of your braces. Go slowly. Make sure you cover each part of the appliance. Gently brush the gums too.



3. Brush the top and sides of each back tooth. Also brush your tongue and the roof of your mouth. Rinse with water. Then use other rinses or gels as directed.

HOW TO FLOSS

Flossing daily helps get rid of bits of food that your brush can't reach. This helps keep your gums healthy and prevents tooth decay. Try out different kinds of floss. Some may be easier for you to use.



1. Put 1 or 2 feet of floss into a floss threader. Thread the floss between your teeth and the wires of your braces. Remove the threader.



2. Wrap the ends of the floss around your fingers. Pull to make a "V" shape. Rub the floss up to the gums and then down the sides of the teeth. Do this between each tooth.

FOR REMOVABLE APPLIANCES

Brush and clean as directed by your orthodontist. After cleaning, put the appliance back in your mouth or store it in its case.



TIPS FOR BETTER HYGIENE

The best way to keep your teeth and braces clean is to brush and floss. It also helps to visit your dentist for a cleaning. Here are some other tips to help clean your teeth and appliances:

Carry A Travel Toothbrush

This lets you brush after eating no matter where you are.

Rinse After Eating

This keeps food from sticking to your appliance when you can't brush.

Try An Electric Toothbrush

Electric and ultrasonic toothbrushes may make teeth cleaning easier.

Use Prescribed Rinses And Gels.

These prevent stains on your teeth and help keep gums healthy.



*It's your smile
take good care of it*



*"Tips to achieve
a beautiful smile"*



T.L.C. DENTISTRY

YOU AND YOUR ORTHODONTIC APPLIANCES

The orthodontic appliances you have just had placed or that you soon will have, are extremely delicate. They must be given the same care as a fine watch in order for them to function properly and do their job in the least amount of time. Not only should they be given care in order for them to do their job, but as a matter of personal health they must be kept clean.

In order to understand more fully what your dentist is doing for you, it is important that you learn some of the names of the various types of orthodontic appliances.

DIET

One of the most important things while wearing your appliance is your diet. You should not eat or drink a lot of foods with high sugar content. Besides protecting your teeth with proper diet, you must protect your appliances so they will do the job as quickly as possible. The wires are very small and hard foods will break them. Limit carbonated beverages. Do not eat or chew on any food or item that is tough, hard or chewy such as:

- **Nuts (all)**
- **Fruits & Veggies: raw apples and carrots**
- **Popcorn**
- **Rolls, bread, bagels, pizza crust that is hard or chewy**
- **Ice**
- **Tough meat or ribs**
- **Hard snack foods: pretzels, Doritos, tacos, Tostitos, Cheetos, beef jerky**
- **Hard or chewy candy, suckers, caramels, gum**
- **Taffy apples**
- **Non- food items: pens/ pencils**

ORTHODONTIC DICTIONARY

Archwire - The main wire that connects all the teeth, forming a track to guide the movement of the teeth.

Bands - Stainless steel bands that encircle and are usually cemented to your molars. Although bands don't move your teeth, they anchor the brackets that hold the wires that do move your teeth.

Bracket - A piece attached to the bands or bonded directly to the front of each tooth (eliminating the need for bands) holding the archwire in place.

Bumper Sleeve - Tubing used to protect the cheek.

Cement - Special dental adhesive that holds the bands and brackets on your teeth.

Cuspid Circles - Circular hooks in the archwire in the front of your mouth for elastics.

Elastic Ties - Small donut-shaped elastics that fasten the archwire to the brackets. These may be various colors.

Elastics - Small rubber bands attached to hooks to achieve the precise movement of individual teeth. Elastics may be worn from the upper teeth to the lower teeth in various ways depending upon your bite problem. Unless otherwise instructed, elastics are to be worn 24/7.

Face Bow - Two curved wires connected in the center. The smaller wire fits into tubes on your molars; larger wire rests outside of your mouth and connects to headgear.

Headgear - A cap or strap which fits over your head. Usually there are rubber bands on either side which connect to the appliances in your mouth or to the ends of a face bow.

Head Plate - (Cephalometric X- ray) Large x-ray that shows your teeth in their relationship to the bones of your head.

Impression Material - Used to take impressions of your teeth. It is pleasant tasting and has a smooth consistency.

Impression Tray - A mouth -shaped tray to take impressions.

Ligature Wires - Small wires holding the archwires to the brackets.

Lingual Buttons or Hooks - Small projections on the tongue side of your bands used to hold small wires or rubber bands.

Models - An exact duplication of your teeth in white plaster. Usually several sets of models are taken during treatment.

Retainer - An appliance, removable or fixed, that usually fits your upper and lower teeth. It is used to hold your teeth in place following treatment.

Separators (Spacers) - Small elastics or springs placed between certain teeth a week or so before the banding appointment, to help move the teeth slightly apart so that bands can be fitted around them.

Silicone Impressions - Extremely accurate impression material

Tooth Positioner - Soft plastic appliance worn a certain number of hours each day and night. Used to finish your treatment.

Torqueing Auxiliary - Small, multi-looped wire, usually applied to the four upper front teeth during the final months of treatment.

Tubes - Holds the archwire ends securely in place.

Uprighting and Rotating Springs - Small spring used to move individual teeth.

Zing String - Small strip of rubber used for minor tooth movement.

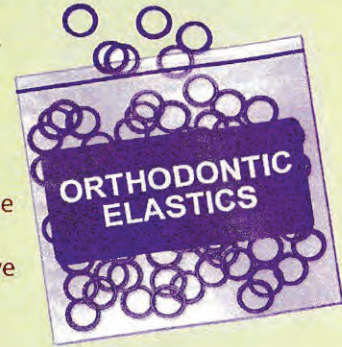
REMINDER

Your orthodontic appointments are **very important and require you keeping your appointments and arriving promptly as scheduled.** Proper care and cleaning of your appliance will save you unnecessary trips to your dental office and help keep you on track with your treatment plan.

ELASTICS

You must wear your elastics or rubber bands all the time- except when you brush. This is the part of your treatment that depends on your cooperation. The conscientious wearing of these elastics is what separates a good patient from a poor one. Your dentist will soon be able to tell whether or not you are wearing your elastics as you should be.

It is important that you understand exactly where to hook each elastic and that you can do it yourself. Carry a supply of the correct size elastics with you at all time so you can replace one if it breaks. Ordinary, you must replace the elastics with new ones every evening before going to bed. Your dentist may have special instructions concerning the changing of your elastics.



Wearing elastics is much like rolling a ball up a hill. It takes a gentle constant effort to accomplish both jobs; but if you let up, and leave your rubber bands off for even 30 minutes, you'll lose all the movement you have gained in the past 24 hours. The ball is back at the bottom of the hill.

If you find yourself running low on elastics call your dentist office and they will mail more to you. Also, never add more elastics than instructed to do.

GENERAL HINTS

Your orthodontic appliances are going to feel strange at first and you may want to pick the wires and bands with your fingers- but don't! Try to keep your mind occupied with other things and you'll soon forget the appliances.

After each visit to your dentist, you'll have some discomfort. Your teeth may be sore for a few days. This is to be expected as a sign your teeth are moving. It may be helpful to take 2-3 (200mg) ibuprofen caplets.

If you have a sharp spot on your appliance that is irritating your cheek, roll a little piece of beeswax into a small ball and press it over the rough spot. If no beeswax is available, immediate relief can be obtained by placing paraffin wax, chewing gum, or small piece of cotton over the area.

Never attempt to "fix" your appliances yourself. If you feel something has broken or bent, please call your dental office. Call 911 if: a serious face or mouth injury occurs or if a piece of the appliance is inhaled or gets in the way of the breathing. (This is extremely rare)

It is important to schedule regular dental check-ups and cleanings during your orthodontic treatment.