

ORAL HYGIENE

Brushing

It's as simple as this: brush your teeth after every meal, within 5-10 minutes. If necessary, carry a travel toothbrush with you. Always use a soft-bristled toothbrush, brushing around each bracket. Be sure to spend 5-10 seconds on each tooth. We recommend first brushing your teeth in a back-and-forth motion, then in a circular motion to ensure that you thoroughly clean each tooth and bracket. And for better breath, don't forget to brush your tongue and the roof of your mouth. When you're finished brushing, be sure to rinse your mouth with water and check between the bands and gums to make sure you haven't missed a spot!



Flossing



Flossing is crucial to maintaining your oral health and facilitating orthodontic treatment. It is essential to floss everyday. Use floss to remove what your toothbrush misses. Using a floss-threader, tie floss to the end of the threader and direct under each arch wire. Then, guide the floss under your gum line and along the sides of each tooth. This will ensure full coverage when flossing.

Fluoride

To prevent tooth decay, gum disease, and decalcification, Dr. Vincent recommends using a fluoride gel at night before bedtime. Please brush gel on, leave it for 1-2 minutes and spit out the excess. Do not eat or drink anything for 30 minutes after a fluoride treatment.

Foods to Avoid

Hard Foods: - popcorn, ice, hard candy, whole nuts, corn chips, taco shells These foods will cause appliance damage such as broken brackets and bent wires.

Sticky/Chewy Foods: gum, caramel, taffy, starburst These foods, generally high in sugar, can cause dental decay in addition to being hazardous to your orthodontic appliances.

High-Sugar Foods: soft drinks, cereals, soft candy This group of foods causes increased plaque, greater risk of cavities, and decalcification.

High-Acid Foods: lemons, dill pickles The high acid content of these foods can cause harm to the bonding material, damaging your braces and thus extending your orthodontic treatment.

Take extra care with: bagels, apples, carrots, pizza crust, hard breads Cut these into manageable bite-size portions in order to avoid appliance damage.