
Orthodontic Appliance Care

Good cooperation is needed to achieve a good result! You have specific responsibilities: (1) Keep your teeth and appliances clean and (2) Wear the elastics exactly as prescribed by the doctor. With your help, the investment of time that is spent correcting your teeth, will in later life, be one of the best investments that you will ever make!

- You must brush your teeth carefully, as you have been instructed. All patients are asked to brush their teeth after each meal, including lunch. When you brush, brush both your teeth and gums. After brushing, check in the mirror to be sure all food has been removed and the appliances appear new. You will be provided with a specific dental floss that should be used each day to clean food from between your teeth to avoid cavities and tooth discoloration. This floss is available in most drug stores.
- Orthodontic appliances are quite fragile. Since a person has considerable chewing power, heavy biting on the appliances can break, bend and distort the bonds, bands and wires causing the teeth to move into a poor position.
- Hard vegetables, fruits and meat must be cut into small pieces before they are eaten. Do not eat or chew: ice, hard candy, bubble gum, popcorn, sticky or chewy foods. Carbonated beverages should be kept to a minimum.
- You will be expected to keep your appointments as scheduled. Should you miss an appointment, your treatment will certainly be extended. If for some reason you are unable to keep an appointment, contact the office immediately to reschedule.
- If you should have any questions, please do not hesitate to contact the office.

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