

**For more information,  
please visit our website  
[DObraces.com](http://DObraces.com)**

## Oral Hygiene

During your orthodontic treatment we will show you the best ways to keep your teeth and brackets sparkling clean. Good oral hygiene will ensure the most beautiful teeth and smile when you finish treatment. It is important to follow our instructions so you will not develop permanent stains on your teeth. We want your orthodontic treatment to be an investment for a lifetime.



Decalcification, otherwise known as “white spots,” are weakened areas of the enamel that result from poor oral hygiene. Not cleaning the outer surface and removing plaque or food from the tooth can create “squares” around the braces, which cannot be removed by a dentist or cosmetic whitening.

## Loose Brackets

Sometimes a bracket might come loose if you eat something you are not supposed to or if you are picking at the brackets. This is not an immediate emergency unless the wire is irritating you and making you uncomfortable. You can use a clean pair of nail clippers to clip the wire behind the next bracket or you can cover it with wax until we can see you to repair. Please call us before your next appointment so we can be prepared to fix the bracket.

It is not unusual to have an occasional loose bracket. Excessive loose brackets, however, are not normal. If you should have more than 5 loose brackets, we must begin charging for the repairs. Keep this in mind throughout your treatment and follow our care instructions to avoid these additional fees.



**Oral Hygiene  
with Braces**





## Brushing

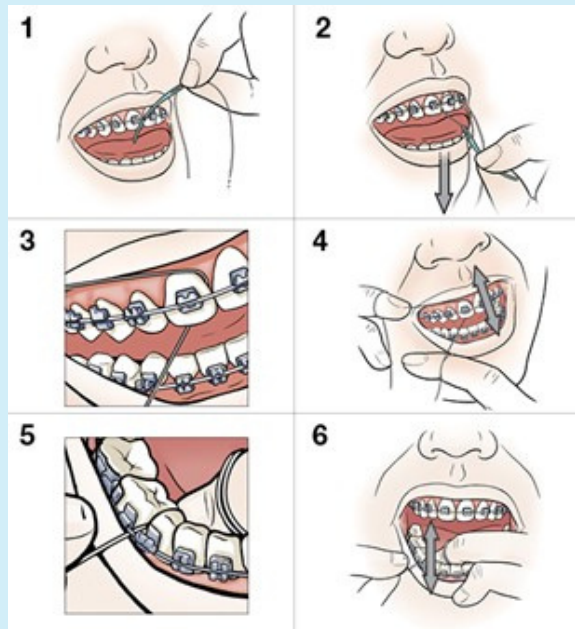
Dr. Davis encourages his patients to follow these guidelines for maximum oral health and comfortable orthodontic treatment. Always remember to brush your braces thoroughly after every meal. Even a small snack can cause stains or discoloration of your teeth if food particles are not removed properly. If you are unable to brush your teeth, try rinsing your mouth with water to loosen food. Maintain a regular dental cleaning schedule with your family dentist to ensure optimum oral hygiene and prevention of cavities.

## Use Tandem Fluoride

We provide a fluoride prescription toothpaste for you. Please use this daily before bed. Do not eat or drink for 30 minutes after using it.

## Flossing

Flossing with braces can take time. We supply you or your local drug store carries floss threaders, which are a great way to get between your braces or fixed appliances. Floss between your teeth and below the gum line to prevent cavities from forming.



## Nutrition and Oral Health

We know how important it is for all our patients to follow a program of good oral care. This can greatly contribute to overall nutrition and general well-being. With healthy teeth and gums, you will be able to chew more easily, better digest food, and enjoy a wide variety of nutritious foods

### Foods to Avoid

- Sugary/acidic drinks (soda, sweet tea, sports or energy drinks)
- Chewing gum with sugar (Sugarless gum is allowed)
- Hard Candy
- Ice
- Nuts
- Popcorn
- Hard bread (pizza crust, French bread)
- Excessive sweets
- Do not bite on hard objects like pens, pencils, bottle caps, etc.
- Any hard, sticky, gooey, crunchy foods
- Biting into apples, carrots, celery, or corn on the cob with front teeth. Make sure to cut food up into bite-size pieces and chew with your back teeth.