



Oral Hygiene

To avoid white spots (enamel areas that can become decay), cavities and gum problems it is important to follow proper oral hygiene.

Brushing

- We have provided you with a power toothbrush. This should be used at least twice a day as directed.

Please Keep In Mind The Following Points:

- ✓ Brush your teeth for a full 2 minutes (30 seconds per quadrant) use the timer as a guide.
- ✓ The *power tip*, if provided, should be used as needed to “spot clean” around brackets and between teeth.
- ✓ To extend battery life, DO NOT leave your brush plugged in, charge only when needed.
- ✓ For Oral-B brushes - replacement *ortho heads* & *power tips* can be purchased at our office or at your local pharmacy. [Note: *pro white*, *power polisher* & *floss action* brush heads are NOT to be used while in braces].
- ✓ You have also been provided with a *travel toothbrush* & *travel proxy brush* which should be used as needed.

Flossing

- *Floss threaders* may be used to thread floss underneath the archwire.
- To make flossing easier *Orthodontic Flossers* or *Super Floss* may be used (for your convenience both are available for purchase at our office).

Fluoride Rinse

- To strengthen the enamel of your teeth a fluoride rinse should be used at bedtime. An APF rinse, such as the one provided (*Colgate Phos Flur*) or *Listerine Total Care* (or *Total Care Zero* for our younger patients), has been shown to be more effective than neutral rinses such as *ACT*, *Fluorigard* or *Crest Pro-Health*.
- To properly use, measure 10 ml into the cup provided, swish in mouth for 60 seconds and spit. DO NOT eat, drink or rinse for at least 30 minutes after use.

For your convenience the following items are available at our office for purchase...

- Oral B heads
- Fluoride rinses
- Flossers and *SuperFloss*

**Wax, travel brushes, and travel proxy brushes samples are available at no charge!*