

Brushing and Flossing



One of the common concerns about orthodontics is that the braces might cause decay. Actually the parts of your teeth that are covered by your orthodontic bands are protected from decay as long as the cement under the bands is holding properly. However, the bands do make certain places on your teeth harder to clean. The brackets, tubes, and wires that stick out away from the teeth tend to make a little shelf that may cause problems. **USE A SOFT TOOTHBRUSH!! BRUSH SLOWLY!! TAKE YOUR TIME!! SEE YOUR GENERAL DENTIST REGULARLY WHILE YOU WEAR BRACES...**

Here are some suggestions that can help you know when and how to clean your teeth during orthodontic treatment.

- ∞ If there are only bands on the molar teeth for headgear, scrub the bands first back and forth and then up and down, in the direction the teeth the teeth grow
- ∞ Brush 3-4 times a day; after meals and snacks
- ∞ Brush under, above, behind and around ALL surfaces of the teeth AND braces
- ∞ Brush inside and outside of top and bottom gums
- ∞ Rinse mouth thoroughly after brushing



PROBLEM

*LOOSE BAND
OR BRACKET*

LOOSE WIRE

POKING WIRE

LOST TIE

SORENESS

HEADGEAR

HOME SOLUTIONS

If band or bracket is still attached to wire, leave on. If it comes off completely place band or bracket in a zip-loc bag. Call us to make an appointment and bring in the band or bracket with you.

Try to place wire back in place with tweezers. If that is not possible, clip wire with fingernail clippers behind last tooth to which it is securely fastened.

Try to push sticking wire down with a spoon or eraser. If wire is long enough you can try to clip the wire with fingernail clippers.

Notify us at next appointment if only one has fallen off. If more than one has fallen off, call in to make an appointment.

Use warm salt water rinses and /or Tylenol or Ibuprofen. If there is discomfort eating, refer to diet ideas for sore teeth page

Sometimes caused by not wearing as prescribed. If facebow is bent, call office at once.

For anything sticking or poking which causes discomfort, place wax on the area causing the discomfort. You may be able to solve many problems temporarily by yourself until you can schedule a repair appointment with our office. If you think you are unable to handle a problem on your own, please call us as soon as possible.