

Home care for orthodontic patients

The care of your appliance is very important. When you get your braces, take a good look at the way they are in your mouth.

If you notice that something has come loose or has broken away from your tooth, contact our office immediately. If at any time during your treatment you feel something sticking you or bothers you in any way, call us immediately.

Your appliances will only work if they are in the exact place where we put them.

PREVENTING PROBLEMS WITH YOUR BRACES

If you wear braces or other appliances, you need to give your teeth extra care. Food can get trapped between wires or pressed up against a tooth. Over

time, that can cause stains that won't come off. It also can lead to cavities and gum disease.



Good cleaning habit of your teeth and braces is your best protection against damage to your teeth.

❌ **avoid**



- ✗ Do not bite ice.
- ✗ Do not chew pens or pencils.
- ✗ Do not bite the whole apple.

SPECIAL AIDS

A fluoride mouth rinse can help prevent tooth decay and plaque from building up around your braces, leaving marks on your teeth.

Use it after you brush and floss. **An electric toothbrush** could be used for cleaning your teeth instead of a manual toothbrush. But you still need to floss.



If you clean your teeth carefully while wearing an appliance, you can have bright, stain-free teeth and pink, healthy gums.



If you don't keep your teeth and appliance clean, you can get stains that won't come off. You can also get tooth decay and puffy gums.



"Good cleaning habits today will help your smile look great for a lifetime."



Tips for Better Hygiene

- ✓ Carry a travel toothbrush
- ✓ Use interdental brush
- ✓ Rinse after eating
- ✓ Use dental floss
- ✓ Use prescribed rinses and gels.

BRUSHING & FLOSSING PROCEDURES



Use an orthodontic brush with a small amount of toothpaste. Place bristles where gums and teeth meet.



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Use circular, vibrating motions around the gum lines, 10 seconds on each tooth. Brush slowly each arch separately, every tooth.



Brush the lower teeth upward and upper teeth downward, top and sides of each tooth. Brush your tongue and the roof of your mouth too!

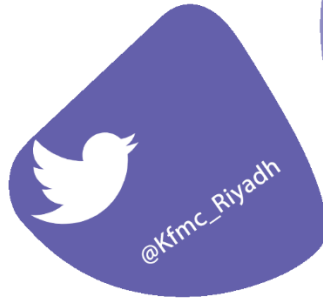


Carefully pull unwaxed floss between wires and braces.

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Specialized Dentistry Department



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