

## The Straight Talk on Braces



Welcome to the world of BRACES!! Orthodontics has great benefits because crooked teeth can cause, cavities, gum disease, loss of teeth and even difficulty speaking. So you are well on your way to improving your oral health and smile.

However regular dental cleanings are going to be very important in helping you maintain overall good health. Your brackets, bands, and wires can trap more food than before. Here are a few tips to help you.

### Cleaning

- Have braces cleaned by your dentist every 3 months.
- Always brush teeth, gums and back of tongue.
- Try to brush 3 times a day for about 4 minutes.
- Use a spoon to scrape tongue if you gag when brushing
- You have to floss. Flossing is as important as brushing.
- We recommend Super Floss by Oral B
- Always rinse your mouth with water after eating if you cannot brush

### Diet

- Avoid hard, crunchy foods like
- Apples
- Ice
- Popcorn
- Granola Bars
- Chewing Gum.
- Drink lots of water it helps to clean braces

### Things That Should Not Happen

- Bleeding gums are not healthy
- Painful and swollen gums
- Bad Breath
- You do not want food around the braces
- Do not use mouthwash instead of brushing

**We recommend the following products:**

- Tea Tree Oil or Co-Enzyme Q-10 toothpaste
- Echinacea liquid mixed with toothpaste
- Super floss by Oral B

We hope that this will help you through your braces period. Do not hesitate to call if you have any questions.

Keep Smiling!

Last Updated on 08 April 2010