

Oral Hygiene Instruction

It is important to note that the wearing and cleaning of your brace / appliance and teeth requires patience and discipline, with your reward being a lifetime of healthy beautiful smiles!

Here is how you ensure your teeth and gums remain healthy;

- Brush your teeth and braces thoroughly **at least twice a day**
- Toothbrush for a **minimum of 3 minutes**, using a recommended technique
- Use a soft toothbrush which is gentler on the gums
- It is ok to use a firmer toothbrush when brushing your brace or appliance
- Replace your toothbrush every three months or sooner if the bristles look worn out
- Clean between the teeth at least once a day with dental floss or interdental brushes if recommended, as this removes the plaque from the areas which your toothbrush cannot reach
- Use fluoride toothpaste, fluoride is proven to help prevent tooth decay
- Use a fluoride mouth rinse once a day
- Both fluoride mouth rinse and toothpaste should be spat out, not swallowed
- Avoid or reduce the frequency of sugary snacks and acidic drinks
- Keep carbonated drinks and fruit juices to a minimum, drink less acidic alternatives such as milk (not flavoured) and water
- Look out for alternative sugar free foods such as cheese which neutralises the pH of the mouth

Remember - It is important to see your dentist for regular check-ups during orthodontic treatment

