

It's very important that you are careful to not damage your braces or appliances. Follow these simple dos and don'ts to be sure you are caring properly for your braces.

ORTHODONTIC DOs

1. Do brush anytime you eat anything.
2. Do brush for 3 minutes, 4 times a day.
3. Do cut apples, carrots or anything hard into small pieces, and chew with your back teeth.
4. Do see your general dentist for regular cleanings and check-ups
5. Do check your braces daily for loose bands and brackets.
6. Do follow all instructions carefully. It will shorten your treatment time.
7. Do floss once a day.
8. Do get a new toothbrush from us when you need it.

ORTHODONTIC DON'Ts

1. Don't chew pencils, ice, nuts or put anything in your mouth that doesn't belong there.
2. Don't eat sticky candy or other junk foods that have high amounts of sugar.
3. Don't drink pop unless it is diet pop.
4. Don't ignore problems with your braces, call us. We are here to help!
5. Don't participate in sports without a mouthguard.