

# QUALITY ADVICE

---

It is your job to keep your teeth and braces spotless and clean! Remember, brush when you get up, after every meal, and never skip before bed, floss once a day and use Fluoride rinse after brushing at bedtime. Eat proper foods, minimize sugar intake and get proper rest to maintain healthy movement. Hey, we didn't use super glue to attach your braces, so no hard foods or sticky stuff that cause problems, damage the braces and extend your treatment time.

## *Brush, Floss & Rinse*

Use fluoride toothpaste on your toothbrush and make sure the bristles are placed at the gum line.

Use a circular vibrating motion, 10 seconds per tooth (electric toothbrushes do this great).

Brush slowly, each arch separately, inside and out.

Brush your tongue and the roof of your mouth too!

Concentrate on the danger areas! The space between braces, behind the wires and behind the hooks.

Floss carefully around each tooth reaching up to the gum area.

Use fluoride rinse every night after brushing.



Use common sense when choosing foods to eat and avoid chewing on hard objects.

---

## BRACE HARDWARE TERMS

**Bracket:** The attachment bonded to the tooth or welded to the band.

**Band:** A ring of metal with a bracket welded to it that is cemented around a tooth.

**Archwire:** The wire that fits around the arch into the bracket slots.

**Elastic tie:** The plastic (color) ring that ties the archwire into the bracket.

**Ligature Wire:** A tiny twisted wire that secures the archwire to the bracket.

**Hooks:** extensions on the bracket or wire used to attach elastics (rubber bands).

# PROBLEMS & SOLUTIONS

---

**Always call our office if you feel things just aren't right so we can determine if a Special Visit is necessary. Don't wait until your regular appointment, call us so that we can be prepared and accommodate your needs efficiently.**

**Problem:** Loose Band or Bracket   **Solution:** Let us know because the seal inside the band or behind the bracket has been broken. Keep it in place if possible. If it detaches from the wire save it and bring it with you when we appoint you.

**Problem:** Broken Archwire, Ligature tie or Hook   **Solution:** Let us know because sometimes this will allow your teeth to shift the wrong direction.

**Problem:** Wire irritation   **Solution:** These you can usually handle by pushing the wire back in with a cotton swab or the eraser part of a pencil, covering it with a small amount of wax, or if accessible cutting it with a clean nail clipper. If not, call us for advice.

**Problem:** Soreness   **Solution:** Take a pain reliever like Advil or Tylenol as directed and make sure that you are keeping your gums, teeth and braces spotless. All will resolve in a few days. If not, call us for advice.