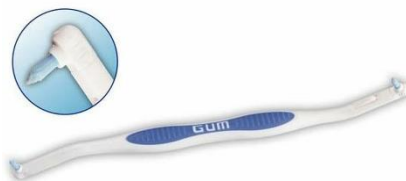


ORTHODONTIC CLEANING INFORMATION

(ALSO SEE DECALCIFICATIONS INFORMATION PDF)

1. ELECTRIC TOOTH BRUSHES ARE THE BEST TO CLEAN TEETH WITH BRACES OR WITHOUT!!! WE RECOMMEND SONICARE.
2. USE A WATERPIK OR H2O WATER FLOSSER AT LEAST TWICE A DAY. TRY TO CLEAN FROM BOTH THE LIP AND TONGUE SIDES. WE RECOMMEND USING THE MEDIUM OR LOW SETTING.
3. FLOSS AROUND THE BRACKETS AT LEAST ONCE DAILY. SUPER FLOSS (ORAL-B), FLOSS THREADERS OR YOU CAN ALSO TRY GUM CHUCKS OR PLATYPUS FLOSSER.
4. USE A SULCUS BRUSH TO CLEAN. IT IS ABOUT ONE-THIRD THE WIDTH OF A TRADITIONAL TOOTHBRUSH. MANY PATIENTS FIND IT EASIER TO USE THIS TO CLEAN AND MASSAGE THE GUM TISSUE AROUND WIRES AND BRACKETS.
5. RINSE DAILY WITH ACT OR LISTERINE TO REMOVE SMALLER PARTICLES FROM AROUND THE BRACES.
6. WE RECOMMEND COMING IN FOR 4 MONTH CLEANINGS WITH FLUORIDE APPLICATION OR CALCIUM PHOSPHATE VARNISH APPLICATIONS TO REDUCE CHANCES OF CAVITIES OR DECALCIFICATIONS FORMING. WE WOULD ALSO POSSIBLY RECOMMEND A HOME PRESCRIPTION GEL OR PASTE TO BE USED A FEW TIMES A WEEK- THIS MAY INCLUDE PREVIDENT OR MI PASTE.
7. IF THERE ARE ANY ISSUES RELATED TO YOUR BRACKETS OR WIRES, PLEASE CONTACT YOUR ORTHODONTIST.



CALL/TEXT/EMAIL OUR OFFICE AS NEEDED FOR MORE INFORMATION

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