

CARING FAMILY DENTISTRY

“HELPING PEOPLE THROUGH DENTISTRY”

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NOW THAT YOU HAVE BRACES...

Having braces can do unbelievably great things for your appearance which can be a benefit to you throughout your life!

However...

If you don't keep your teeth clean of bacteria and plaque, **unbelievably bad** things can happen!

Decay and beginning decay (decalcification) can ruin your appearance for life!

You can end up with cavities and fillings, or little yellow squares surrounded by chalky spots on every single tooth!

If this happens, we will have to take the braces off and you will not only have crooked teeth, but you will also have stains and cavities.

Here is how you can avoid destroying your teeth around your braces from neglect:

1. Brush 5-10 circles per tooth between the gum line and the brackets after *breakfast, lunch and dinner, and before bedtime.*
2. An electric toothbrush is highly recommended.
3. Use a Waterpik™ along the gumline at low power once per day, preferably before bed. (This can replace one of the four brushings previously mentioned.)
4. Rinse your mouth with water after snacks.
5. Use a prescription fluoride gel (follow instructions) before bed.

I understand that I must follow these instructions in order to keep from harming myself through bacteria rotting my teeth.

Signed _____ Date _____

Parents _____ Date _____