



moshiri orthodontics

for a smile that lasts



ORAL HYGIENE INSTRUCTIONS

1. Teeth should be brushed after every meal. Angle the toothbrush to a 45 degree angle above and below the bracket for both top and bottom, then go ahead with brushing your teeth, making sure you brush all the surfaces. Special attention should be given to the back gum line because it is a hard to reach area and it can cause swelling of the gums if they are not taken care of properly.
2. Smoking, drinking excessive tea and/or coffee, and red wine, can stain clear brackets.
3. Floss your teeth at least once a day. Flossing with braces can be more time consuming when you're first learning. Do not get discouraged; it will get easier. Try flossing before bedtime, this way you have more time without being rushed.
4. A Fluoride mouthwash can be used every night after brushing and flossing to help prevent cavities. Either Listerine or Oral-B Antibacterial with .05% fluoride can be used.
5. Avoid chewing gum or chewy candy. Chewing gum can cause the wires to shift out of place. During later stages of treatment when you have a heavier wire in place, you may be able to chew sugar-free gum that doesn't stick to dental work.
6. Avoid chewing on pens, pencils and fingernails, as this can bend the wires or cause the brackets to come off.
7. After you have an adjustment, your teeth may be sensitive for a few days. You can take Tylenol or Advil as directed to reduce the achy feeling and eat a soft diet until the pain subsides. For example, mashed potatoes, yogurt, and soup etc.
8. After having your brackets placed, you may find that hooks or attachments on the bands irritate your tongue and cheeks. Use the wax provided to place on these areas until your mouth gets used to the braces. If it continues over a few days or if it is a wire poke, call the office to set up an appointment.
9. If a bracket comes off or a band becomes loose, please call the office so we can schedule an appointment or lengthen your next appointment time. After 3 broken brackets, there will be a \$30 charge per bracket to be fixed. Keep in mind, every bracket you break can leave you in braces for up to **TWO** months longer.
10. Mouth guards should be worn when playing any kind of contact sports such as football, hockey, basketball etc...
11. Continue with regular check-ups and cleanings with your family dentist at least twice a year.
12. Avoid biting into any hard and fibrous foods. Any fruit and vegetables should be cubed into small pieces. Watch out for the crust at the end of a piece of pizza, chicken wings and ribs should be taken off the bone, as well as, corn on the cob. Foods that can take brackets off **VERY** easily are ice cubes, chips, Doritos, tacos, popcorn, peanuts, etc.

If the appliance becomes loose, please call **(314) 4-BRACES**.

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