













KEYS TO SUCCESSFUL ORTHODONTIC TREATMENT

-  Keep all appointments. Missed appointments increase treatment time and can affect the quality of your result.
-  Keep your teeth and braces/appliances sparkling clean. Remember to brush in the morning, after meals, and at bedtime. Be especially careful to brush around the gum line and around your braces/appliances.
-  Limit sports drinks (i.e. Gatorade) and soda - including diet soda.
-  Keep your regular cleaning and checkup visits with your general dentist (at least every six months) If your dentist needs a brace/appliance to be removed for dental work, we can arrange for it to be removed and replaced after completion of the work.
-  You can take over-the-counter ibuprofen (Motrin/Advil) or acetaminophen (Tylenol) to help any soreness that follows visits.
-  Orthodontic wax can be used to cover any rough edges that may irritate your lips cheeks or tongue. If any rough spot or irritation is not feeling better in a few days, give us a call.
-  Do not play with or pick at your braces/appliances.
-  If your braces/appliances break or loosen, give us a call so we can schedule a repair.
-  Remember to follow instructions regarding foods, use of elastics, and other appliances as directed.
-  Following these guidelines will make your treatment a positive experience for everyone and allow us to create a healthy and beautiful smile, together!