

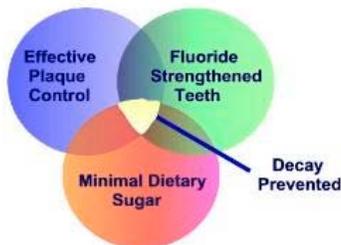
Oral Hygiene for Orthodontic Patients

From the office of Dr. Michael Guy

With orthodontic appliances in your mouth you are at a higher risk for dental decay and gingivitis. Dental decay is a disease that results in the destruction of your teeth. It will range from white spots to cavities.

Clean teeth and braces provide the best protection against damage to your teeth!

Three factors must overlap before decay can be prevented. They are:



- a) Effective Plaque Control,
- b) Fluoride strengthening, and
- c) Attention to diet

Recommendations

The following measures have all been clinically proven help prevent decay and or gingivitis. They will shift the balance in your favour so that you are less prone to decay.

Please fully adhere to the following:

1) Practice daily home care (effective plaque control)

Brushing

Orthodontic brushes are designed to clean both the tooth and the orthodontic bracket. Use a short back and forth motion to cleanse both surfaces. Also brush gumline and biting surfaces. **Do not rush this - it should allow three to five minutes to do a good thorough job.**

Gums that bleed need more brushing

Patients should brush their teeth immediately after each meal and at least 3 times per day. Most of the damage done to the teeth occurs within the first half-hour after eating. If you are unable to brush at school, brush after having a snack when you get home from school

Use a **Power-assisted toothbrush- the Braun Oral-B® 3D Excel**. We have them available for sale in this office as a service to you (we receive no profit from the sale). They are at a special price of \$97 (\$87 after a \$10 mail-in rebate), which is almost half the price in drug stores.



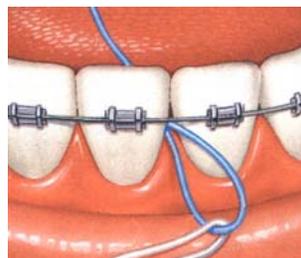
Cleaning between teeth

→ Proxi-brush



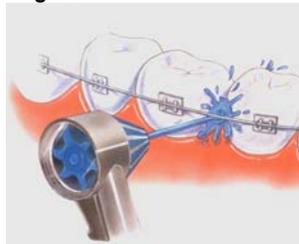
Use an interdental brush to clean between the teeth and archwire or where there are larger spaces between teeth. Select the proper size brush to fit the space.

→ Flossing



Thread a 45cm piece of floss through a floss threader. Insert the threader between the teeth and under the archwire. Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.

Irrigation



Waterpiks or similar devices can be very helpful to swept food debris away after a meal. However they are not to be used instead of good brushing and flossing

2) Strengthening your teeth with fluoride

- Use a fluoride toothpaste
- Drink optimally fluoridated water
- Always get a Fluoride treatment at your dental visits

→ **Rinse with Fluorinse once a day - Fluorinse** daily fluoride mouthwash has a .05% strength and is blue with an icemint flavor. Follow the directions on the bottle carefully before using. Both the weekly and daily are available OTC at most drug stores.

→ **Rinse with Peridex® once daily for two weeks** – This is a .012% chlorhexidine solution. Do this every 4 to 6 months. This is only mouthwash effective against the bacteria that causes decay and gingivitis. Please read the label carefully before using.

3) Minimize dietary sugar:

- Minimize sweets over prolonged periods of the day. It is not the quantity but the frequency of sugar intake that causes decay. Sugar with meals is okay. Avoid sugar between meals
- Beware of the sugar content in certain snack foods - e.g. chips, cookies, ice cream, fruit juices - look at the labeling
- Watch the sugars in tea, coffee, sodas
- Use sugar substitutes (sugar free sweeteners)

→ **Chew Xylitol sweetened chewing gum-** Some examples are: **Trident Advantage®, Arm and hammer Dental Care Gum®, and Colgate Dental Gum.** Chew after every meal for about 20 minutes.

4) Please keep regular dental checkups as well as your orthodontic checks:

- your cleanings and appropriate x-rays
- Early detection and removal of decay
- The professional fluoride treatments

This is so important that if you are not sure about any of these techniques with please tell us.