

Ultimate Hygiene Program

By using the Ultimate Hygiene Program, you will ensure cleaner, healthier mouth with sweeter breath and whiter brighter teeth.

Step 1:



1. Brushing

Brush your teeth, thoroughly, while looking in a mirror. Have a pattern that you repeat each evening.

- First, brush the outside surfaces of your teeth, starting with the upper right molars, proceeding around the arch to the upper left molars.
- Drop the brush down, and brush from the lower left molar around the arch to the lower right molar.
- Second, brush the inside surfaces of your teeth using the same pattern.
- Finally, brush the biting surface of your teeth, again using the same pattern. Done correctly, this should take about two minutes.

Step 2:



Step 3:



2. Floss

Brushing cannot clean in-between your teeth. Use dental floss, or interdental cleaners (such as Brush Picks). Use the same pattern as above.

Step 4:



3. Antiseptic Rinse

Every morning vigorously swishes an antiseptic mouthwash around and between your teeth for at least 30 seconds.

Step 5:



4. Fluoride Rinse

At bedtime, rinse with fluoride solution for 60 seconds making sure that it reaches every tooth. **DO NOT SWALLOW.** Spit out all the fluoride rinse and do not rinse with water. Do not eat or drink anything 30 minutes after the rinse.



Soreness

It is not uncommon for your teeth to feel tender or sore after first getting braces. We suggest taking acetaminophen (Tylenol®, for example) for this soreness, as other pain relievers such as aspirin and ibuprofen slow down tooth movement. However, you may take a dose of Tylenol and a dose of Advil together for the first day or two – this should be more than enough to relieve any discomfort. After the first few days, though, you should switch to Tylenol, and only as needed. After roughly four days, you should notice your discomfort decreasing every day until you feel completely normal again; roughly a week or two after first getting braces. Please know that the cheeks adjacent to the braces may take up to a week to adjust and feel comfortable. Use wax over any irritating brace parts for comfort.

Loose Brackets

Brackets may sometimes come loose from teeth during treatment. This is easily fixed – simply call us and schedule an appointment for us to reattach the bracket. If brackets come loose regularly during the length of your treatment, however, it may indicate that you need to pay more attention to the foods you are eating, or the activities you are engaging in (at least without a proper mouth guard).

Foods to Avoid

Even though the adhesive between your tooth and braces won't be entirely set for 24 hours, you are able to eat as soon as you leave our office. However, there are some foods you should avoid not just in the first day with braces, but through your entire treatment. For the most part, common sense will tell you what to avoid. Hard foods, sticky foods and foods high in sugar must be avoided. Hard foods can break or damage wires and brackets. Sticky foods can get caught between brackets and wires. Minimize sugary foods; they cause tooth decay and related problems. Nail biting, pencil and pen chewing and chewing on foreign objects should be avoided.