



CARE AND CLEANING INSTRUCTIONS FOR YOUR TEETH, GUMS, AND BRACES

Now that you have braces, it is very important that you take excellent care of your teeth, gums, and braces. For more information please refer to our website CartwrightOrthodontics.com.

The 4-Step Brushing Program

If you follow these steps every night, you should have healthy teeth and gums throughout your treatment.

1. Brush your teeth with a soft bristle toothbrush making sure that you brush your teeth, gums, and braces.
(BRUSHING SHOULD BE DONE AFTER EVERY MEAL)
2. Brush in between your braces with an inter-dental brush (the one with the Christmas tree-like bristles) to remove food that may get stuck in between your teeth and braces.
3. Floss your teeth to help remove plaque and food that is between your teeth and under your gums.
4. Rinse with one teaspoon of fluoride (PHOS-FLUR) for one whole minute. (After rinsing with fluoride, you should not eat or drink anything for at least 30 minutes).

What may happen if you do not take good care of your teeth and gums?

- Food and plaque may build up on your teeth and around your braces. This may lead to swollen and bleeding gums, white spots, and cause permanent discoloration of teeth and/or decay of your teeth.
- Loose bands, braces, or wires will extend your estimated treatment time.

Eating Habits: There are certain foods which we recommend that you should avoid eating.

- Anything which is sticky or hard. Some examples are: pizza crust, popcorn, pretzels, hard candy, ice and chewing gum.

Instead of List

INSTEAD OF:	TRY:
Hard Pretzels	Soft pretzels or thin pretzel sticks
Hard taco shells	Soft tacos or burritos
Doritos, Cheetos, Fritos	Cheese puffs, cheeseballs, or potato chips
Popcorn	Hulless popcorn
Carrot Sticks	Carrot curls or thin sticks
Apples, Pears or Peaches	Cut into sections
Hard rolls, bagels or crust	Cut or break into small pieces
Ribs, Chicken wings or drumsticks	Remove meat from the bone
Corn on the Cob	Corn off the cob

Never eat!!!!

ICE ... a thousand times NO! It will totally destroy your braces.
 SUCKERS or HARD CANDY ... You might want to chew them.
 PEN and PENCILS ... Favorite exam time food, breaks everything.
 GUMS, CARAMELS or TAFFYS ... PEANUTS or any nuts ... or anything HARD!

Do your part and we'll do ours and together we'll end up with a great smile!

Dr. Gary Cartwright and Staff