



Caring for your Teeth with Braces

While active in orthodontics, it's critical to maintain excellent hygiene to ensure your teeth do not suffer during this time. The effects of poor hygiene may not be fully visible until braces are removed.

- Be sure to brush above and below the brackets near the gum line, and then the brackets themselves.
- Using a waterpik is our top recommendation when it comes to flossing. If you do not have or do not wish to purchase a waterpik, flossing is essential. Using superfloss or floss threaders work really well but can be difficult to use; just keep at it and you will get better!
- Plaque and debris easily build up around brackets, which can create challenges for keeping your teeth and gums clean. This build up can lead to severe decay. Therefore, practicing proper home oral care is vital for individuals in braces.
- Drink lots of water every day. Avoid acidic beverages (like soda and juice). If you must drink beverages other than water, drink them quickly so the liquid doesn't have time to sit on your teeth and cause damage. It is beneficial to rinse/drink water after consuming food and beverages to help neutralize the pH in your mouth. An acidic pH contributes to the formation of cavities.
- Prioritize preventative dental cleanings as frequently as recommended while in braces. Too often, individuals skip preventative visits and end up with significant dental and/or periodontal issues later on.

We invite you to contact us with questions!