

Treatment Recommendations for Orthodontic Patients

Proper oral hygiene during orthodontic therapy is absolutely essential to obtain a healthy and esthetic result. Less than excellent hygiene leads to light and/or dark discoloration and tooth decay. We recommend the following for optimal results:

1. **Brush a minimum of three times a day** (preferably after every meal or snack). We highly recommend the Sonicare Toothbrush.
2. **A Water Pik irrigator should be used each night** before bedtime, after brushing. The Water Pik flushes out any remaining plaque or food debris that may be entangled in the orthodontic appliances.
3. Some patients require a prescription strength **fluoride supplement** to prevent cavities while in braces. Those who do not require a prescription should swish with a fluoride mouth rinse like ACT for one minute each night (after brushing and using the Water Pik).
4. While in braces, **regularly scheduled cleaning visits** are more important than ever. A typical person undergoing orthodontic therapy should receive a cleaning every three months.

Following these steps on a daily basis will greatly improve the health and appearance of your teeth and gums during and after orthodontic treatment.

After Hours Emergency Number
817-689-3837