

Star Oral Hygiene



Personal commitment to oral hygiene is critical to YOUR orthodontic success!



RE-

MINDER!


Please see your General Dentist **EVERY 4 to 6 months** for a check-up and cleaning while receiving orthodontic treatment.

Routine cleanings are **NOT** part of your Orthodontic Care at Star Orthodontics.


Our goal for every patient is to create a beautiful, healthy smile that will last a lifetime. Patient compliance plays a huge role in achieving great orthodontic results and we want to make sure our patients are educated about the tools needed to maintain excellent oral hygiene while undergoing orthodontic treatment.

Braces and orthodontic appliances present a challenge to maintaining excellent oral hygiene because they provide an additional surface for food, plaque and bacteria to get trapped. Using proper tools several times a day is very important.

BRUSHING

 You'll need to **brush several times a day** when you have braces or an orthodontic appliance. We recommend first thing in the morning, at night before bed and after every meal or snack. **Brush for 4 minutes each time**, being sure to cover every surface of each tooth. A Sonicare Power Toothbrush will help you achieve optimal results with your brushing. **Rinsing with an alcohol-free mouthwash with fluoride is also recommended.**

FLOSSING

 **Floss your teeth at least once a day** to clean the surfaces between teeth and along the gum line. Harmful bacteria lurks in these areas that a toothbrush can't reach, causing inflamed gums that are red, puffy and sore. Floss threaders help you easily navigate around braces and orthodontic appliances.

FOOD & BEVERAGE CHOICES

While undergoing orthodontic treatment, **please avoid all food and snacks that are sticky, chewy, gooey, hard and crunchy.** Foods and snacks that fall into any of these categories can damage your braces and orthodontic appliances. This will result in additional appointments for repairs and may prolong your treatment time.

We also advise you to **avoid beverages that are sugary and acidic (carbonated drinks, sodas, sports drinks, energy drinks, fruit juice, sweet tea)** because even in small quantities, these beverages can permanently erode enamel and cause decalcification (white spots) and decay.



Have questions about your oral hygiene or the tools you should be using during your orthodontic treatment?
ASK US! Our Doctors and team members are happy to answer your questions.
Your smile & oral health are important to us!!