

## ORAL HYGIENE INSTRUCTIONS

(Version '07)

To help you achieve a beautiful smile and healthy teeth and gums, please follow this oral hygiene instruction sheet and any other hygiene prescriptions recommended by Dr. Dann.

**FOOD LIST/DRINK LIST:** You will be given a list of foods and drinks that will give you an idea of what you can and cannot eat and drink during treatment. This list also includes suggestions of what to eat if your teeth become sore. The idea of this list is to help you avoid foods and drinks that could damage your appliances and teeth. Damage to your appliances will make your treatment time longer and more expensive. Therefore, it is important to take good care of your appliances and teeth. We are not able to list all of the foods and drinks on the market, so remember to use common sense when it comes to deciding on foods to eat and fluids to drink (to help reduce risk of cavities and white spots).

**TOOTHBRUSHING:** When brushing your teeth, make sure to brush all surfaces of each tooth. Start in the back using small, round circles, and spend 5-10 seconds on each tooth. Make sure you also brush all surfaces of your appliances, as well as your gums. You should brush your teeth after every meal. Toothbrushing with a **Sonicare electric toothbrush** is ideal for cleaning braces, and is recommended by Dr. Dann (Sonicare toothbrush is 30% more effective than a regular toothbrush). Please also see our website for toothbrushing instructions.

**FLUORIDE:** Fluoride is a very important part of keeping your teeth healthy during treatment. Fluoride strengthens the enamel on your teeth to help prevent cavities and decalcification (which leads to permanent white spots on your teeth). Dr. Dann recommends professional strength Phos-Flur Gel by Colgate, as it is much more effective than over the counter toothpaste. Use the Phos-Flur Gel daily in the evening. Do not eat or drink for ½ hour after brushing with the Phos-Flur Gel. **DO NOT SWALLOW.** Dr. Dann recommends Colgate Total Toothpaste for regular brushing daily in the morning and afternoon.

**DENTAL FLOSS, FLOSS THREADERS, AND OPALPIX:** These should be used to clean between your teeth. At bedtime it is necessary to floss before brushing. Ideally, a second flossing is beneficial after breakfast.

**RED DISCLOSING TABLETS:** Used to help show you the areas you miss while brushing. Chew ½ of one tablet after brushing. Move your saliva around in your mouth and run your tongue across your teeth. Expectorate (spit out) the saliva. **CAUTION**...these tablets will stain clothes and towels. Rinse your mouth with water. All the missed plaque or food in your mouth will be stained pink. Brush again until all the pink is gone. ½ of a tablet should be used every four days after appliances are placed until tooth brushing is perfected.

**WAX:** Wax can be placed over any part of the braces or wire which may be poking or irritating the cheeks or gums.

**BITE WAFERS:** Can be brought to each appointment and used 5 minutes before and after each adjustment to reduce soreness. Lightly bite into wafer to help stimulate blood circulation around your teeth for 3-5 minutes. Bite wafers can be used as needed after appliance placement or after orthodontic adjustments.

**ORABASE:** Can be dabbed anywhere in the mouth to give temporary relief from soreness or irritation.

**PERIOGUARD:** Occasionally, Dr. Dann will recommend the use of Perioguard to help reduce gum tissue inflammation. This mouth rinse has proven to be very effective in reducing gingival inflammation.

**PEROXYL:** Is an antiseptic oral cleanser that helps to promote healing of oral irritations and canker sores.

**MI PASTE PLUS:** MI Paste Plus is a remineralization paste that helps in reducing decalcification (white spots). After brushing your teeth with your regular toothpaste, squeeze a small amount of MI Paste on your finger and apply over the surface of your teeth. Spit out after 3-5 minutes – **DO NOT RINSE!**

**Please remember to continue seeing your general dentist every 4-6 months, or as recommended by Dr. Dann, for regular cleanings and check-ups.**