

## Hygiene & Cooperation Guidelines for Success!

Congratulations on starting your orthodontic treatment. You are now on your way to a healthy, beautiful smile for life! Celebrate your own success and speed of treatment by following these simple hints:

### 1. Brush

- Brush at least three times a day, especially between the braces and gums to keep that smile looking bright!
- Use prescribed toothpaste as recommended by Dr. Igel throughout orthodontic treatment (if applicable).
- Using whitening toothpaste while wearing braces will whiten teeth around the braces and leave a dark spot under the braces, so stick with the non-whitening toothpaste.

### 2. Rinse

- Dr. Igel recommends rinsing with Listerine® twice a day for 30 seconds to kill germs.

### 3. Choose Wisely

- Acid and sugar in soft drinks will cause cavities around the braces. If you do indulge, brush more often.
- Sticky foods such as gum (even sugar free gum), taffy, and caramels can cause breakage.
- Chewing on hard things such as ice, suckers, hard candy, pencils, popcorn, nuts & seeds, raw carrots, and your fingernails can damage your braces. Stick to the safe stuff!
- Playing with your braces can pull them loose. So, leave the orthodontic adjustments to us.
- It is important to visit your general dentist for regular dental check-ups (preferably every three months) throughout orthodontic treatment.

### 4. Communicate

- If anything should break or come loose, please call right away so we can schedule you appropriately. Sometimes we need to make a special appointment or reserve extra time.

Have Fun and Good Luck! And remember, braces aren't forever! Enjoy your journey and call us with any questions.