

IT'S ALL PART OF THE DEAL

During Orthodontic treatment

WE

fit and adjust your braces

BUT



BRUSH YOUR TEETH

3 times a day especially after food using a small headed manual or electric toothbrush for at least 2 minutes

BE CAREFUL

Not to break your brace
Don't chew pens
Don't bite fingernails
Cut up hard food before eating

AVOID

Snacking between meals
Sweets
Fizzy drinks
Concentrated juices

USE

A daily alcohol free fluoride mouthwash last thing at night

WE NEED **YOU** TO DO YOUR BIT

These tips will help you look after your teeth even if you decide braces are not for you.