

## ORAL HYGIENE INSTRUCTIONS

### Comprehensive Treatment

#### TEAM EFFORT!

In order to achieve successful treatment results we must work **together**.  
Treatment goals are best reached when **you**, the patient, is actively involved  
in treatment through *excellent compliance!*

Excellent oral hygiene will **decrease** your overall time in braces, and **decrease** the chances  
of developing "white spots" on your teeth!

**Please** Follow the directions below to **maximize** your treatment results!

#### MORNING

- After eating breakfast, brush for **2-3 minutes** using **Prevident 5000®** toothpaste.  
\*\*Please do not rinse with water, eat, or drink for **30 minutes** afterwards.  
The fluoride remains on your teeth, allowing your tooth surface to "strengthen," which aids in preventing "white spots."

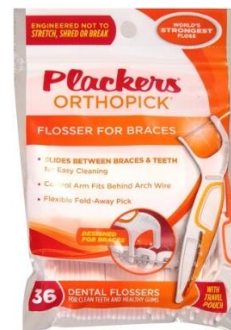


#### MID-DAY (and after meals)

- Brush for **2-3 minutes** using regular fluoride toothpaste.
- Rinse with **Listerine®** for **30 seconds**.

#### BEFORE BED

- Brush for **2-3 minutes** using regular fluoride toothpaste.
- Floss between **every** tooth using the **flossers** or **3-in-1 floss**
  - We use **OrthoPlackers**, and they can be found on **Amazon**



- Rinse with **10 mL** of **Phos-Flur®** for **one minute**.  
\*\*Please do not rinse with water afterwards, as the fluoride needs to remain  
on your teeth overnight.



#### Please Note

- The first tube of Prevident 5000® and bottle of Phos-Flur® are provided by DeLuke Orthodontics, PC at no charge.
- Subsequent bottles of Prevident 5000® and Phos-Flur® can be purchased from our office as needed.

**\*\*Remember to see your dentist every 6 months for routine check-ups and cleanings\*\***