

ORAL HYGIENE INSTRUCTIONS

Interceptive/Phase I 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

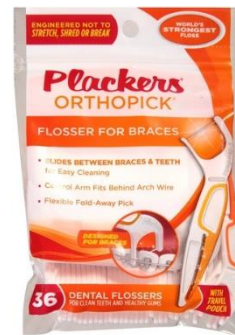
- After eating breakfast, brush for **2-3 minutes** using regular fluoride toothpaste.
- Rinse with **Listerine®** for **30 seconds**.

MID-DAY (and after meals)

- Brush for **2-3 minutes** using regular fluoride toothpaste.

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 **fluoride mouth rinse** (such as **ACT®**) mouth rinse for **30 seconds**.
**Please do not rinse with water afterwards, as the fluoride needs to remain on your teeth overnight.



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