



HYGIENE

Braces are food traps!!

Keeping your teeth clean is your biggest challenge because to do so means brushing after every time you eat something. To do that means carrying a travel toothbrush and using it frequently. Toothpicks, proxy brushes, etc. are also effective and can be used when a brush is not available.

What have you gained if after treatment the straight teeth have permanent enamel damage from poor hygiene? This can happen so quickly and easily that too much emphasis on the importance of good hygiene is impossible. You alone have to make the commitment to keep them clean and healthy. As much as your parents or I might want to do it for you, we can't. This may be your first major personal responsibility, don't fail!