



## **Oral Hygiene**

To avoid white spots (enamel areas that can become decay), cavities and gum problems it is important to follow proper oral hygiene.

### **Brushing**

We have provided you with a power toothbrush. This should be used at least twice a day as directed.

#### **Please Keep In Mind The Following Points:**

- Brush your teeth for a full 2 minutes (30 seconds per quadrant) use the timer as a guide.
- The *power tip* should be used at least once a day.
- To extend battery life, DO NOT leave plugged in, charge toothbrush only when needed.
- Replacement *ortho heads & power tips* can be purchased at our office or at your local pharmacy. [Note: *pro white, power polisher & floss action* brush heads are NOT to be used while in braces].
- You have also been provided with a *travel toothbrush & travel proxy brush* which should be used as needed.

### **Flossing**

*Floss threaders* may be used to thread floss underneath the archwire. To make flossing easier *Platypus Flossers* may be used (purchase at our office or online at [www.Platypusco.com](http://www.Platypusco.com)).

### **Fluoride Rinse**

To strengthen the enamel of your teeth a fluoride rinse should be used at bedtime. An APF rinse, such as the one provided or *Colgate Phos Flur*, has been shown to be more effective than rinses such as *ACT* or *Fluorigard*.

To properly use, measure 10 ml into the cup provided, swish in mouth for 60 seconds and spit. DO NOT eat, drink or rinse for at least 30 minutes after use.

***For your convenience the following items are available at our office for purchase...***

- Oral B heads
- Fluoride rinse
- Platypus flossers

***\*Wax, travel brushes, proxy brushes and orabase samples are available at no charge!***