

TO PARENTS OF OTHODONTIC PATIENTS

HERE IS A LIST OF RULES BY WHICH THE ORTHODONTIC PATIENT MUST ABIDE.

As most orthodontic patients are still in school, they often become involved with activities which are time consuming and tend to cause patients to neglect proper home care of their teeth. As parents of an Orthodontic patient, it is your responsibility to see that your child keeps the teeth clean at all times, abides by these rules and cooperates with the work the doctor is doing. The patient is checked by the doctor once each month, therefore, cleanliness and cooperation cannot be observed until the patient arrives at the office. If one is careless and neglectful of in-home care or eating habits, the teeth condition may evolve into the early stages of decalcification which eventually results in cavities and/or broken, bent and loose appliances. Cooperation and coordination between us all is necessary if proper results are to be obtained.

1) CLEAN TEETH & APPLIANCES AT ALL TIMES

- a. Use SoniCare toothbrush and Waterpik twice a day.
- b. Brush teeth and appliances with a soft nylon brush, gently, so as not to bend appliances or injure gum tissues.
- c. Teeth are to be brushed after eating. This includes light snacks between meals and if the child eats at school then the teeth should be cleaned at school.
- d. Check teeth after brushing and make sure they are clean. Leave no debris at the gum lines or in any of the hard to reach areas. These spots are vulnerable and if not clean will cause decay and possibly white lines on the teeth.
- e. After brushing use the Waterpik around brackets and between teeth to rinse and remove trapped food particles.

REMEMBER – APPLIANCES DO NOT CAUSE THE WHITE LINES ON THE TEETH – IT IS THE FOOD PARTICLES AROUND THE APPLIANCES THAT CAUSE THE WHITE LINES.

2) TAKE CARE OF THE APPLIANCES

- a. Do not bend, break or lose parts of the appliances. Locks may work loose (if this happens, call the office at one.)
- b. Check the bands daily to see if they are loose. Stress of the appliances may loosen a band. Improper care of the appliances and lack of caution in eating may loosen a band.

REMEMBER – LOOSE BANDS ARE DANGEROUS AND WILL CAUSE DECALCIFICATION OF TEETH.

3) KEEP APPOINTMENTS AND BE ON TIME

- a. If you cannot keep an appointment, call ahead.
- b. If you miss an appointment call for another, don't expect to be called.
- c. Failure to keep appointments and follow directions may result in improper movements and longer duration of treatment – with additional costs.

4) CORRECT EATING HABITS & DIET

- a. DO NOT – eat candy, nuts, popcorn, lifesavers or chew gum.
- b. DO NOT – drink beverages containing sugar.
- c. DO NOT – eat apples, carrots or hard food unless they are cut up in small pieces and put in the back of the mouth and chewed.
- d. DO NOT - eat pastries or excessively starchy foods.
- e. DO NOT – bite into a sandwich, cut it and put it in the back of the mouth. Chew thoroughly; do not swallow food in large pieces just because it is difficult to chew slowly.

5) REMEMBER!

- a. Orthodontic appliances do not cause decay or decalcification of teeth.
- b. Improper tooth brushing habits cause decay and decalcification of teeth.
- c. Broken or loose appliances, when not taken care of immediately, will cause decalcification of teeth.
- d. Eating of highly starchy foods and candy, cakes and pies, etc., will help cause decay and as the gum tissues may become irritated from appliances, the sweets will make this condition worse even to an extent the appliances may have to be removed and the gum tissues and teeth treated – at an extra cost.
- e. Should the patient fall and injure the teeth or facial structures in any manner, call the office immediately.
- f. The patient is wearing appliances to straighten the teeth so that they will have an attractive smile and appearance. Do not ruin the nice appearance by neglecting the toothbrush or by not cooperating.