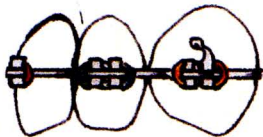


Important TOOTH BRUSHING TIPS

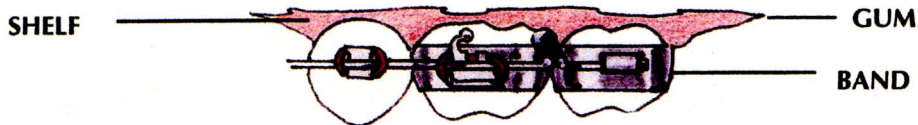
One of the common fears about orthodontics is that the braces may cause decay. Your bands and/or brackets bonded to your teeth cover and protect that portion of your teeth as long as they stay firmly attached.



Your brackets and your bands may look like these.

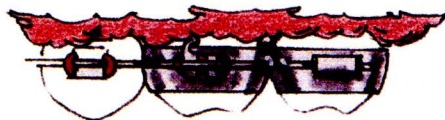


Either way, your brushing problem is the same. The bands or bonded brackets do make your teeth harder to clean. The brackets, tubes and wires tend to make a little shelf around the outside of the teeth. This shelf makes it harder for your toothbrush to clean the spaces between your gums and the attachments.



If you fail to get the teeth clean and fail to exercise your gums, the gums swell and make it even more difficult to clean.

SWOLLEN GUM



CONTINUED NEGLECT OF THESE AREAS WILL RESULT IN DECAY

So—WHEN and HOW should you clean your teeth during orthodontic treatment?

WHEN Within five minutes after you eat. Easy to say but sometimes hard to do? When you're away from home, we suggest you carry a travel type or folding toothbrush with you.